

BBC

EVERY RECIPE  
TESTED  
THREE TIMES

eat in\*eat out\*eat away

MAY 2011 \* UK £3.50

# olive

Relaxed food for friends

102  
easy  
recipes

21+ brilliant olive  
baking recipes

free book!

Orange drizzle  
Sticky toffee cupcakes

- \*flourless chocolate cake
- \*orange drizzle
- \*sticky toffee cupcakes

STYLISH £5 MEALS

easy menus page 75

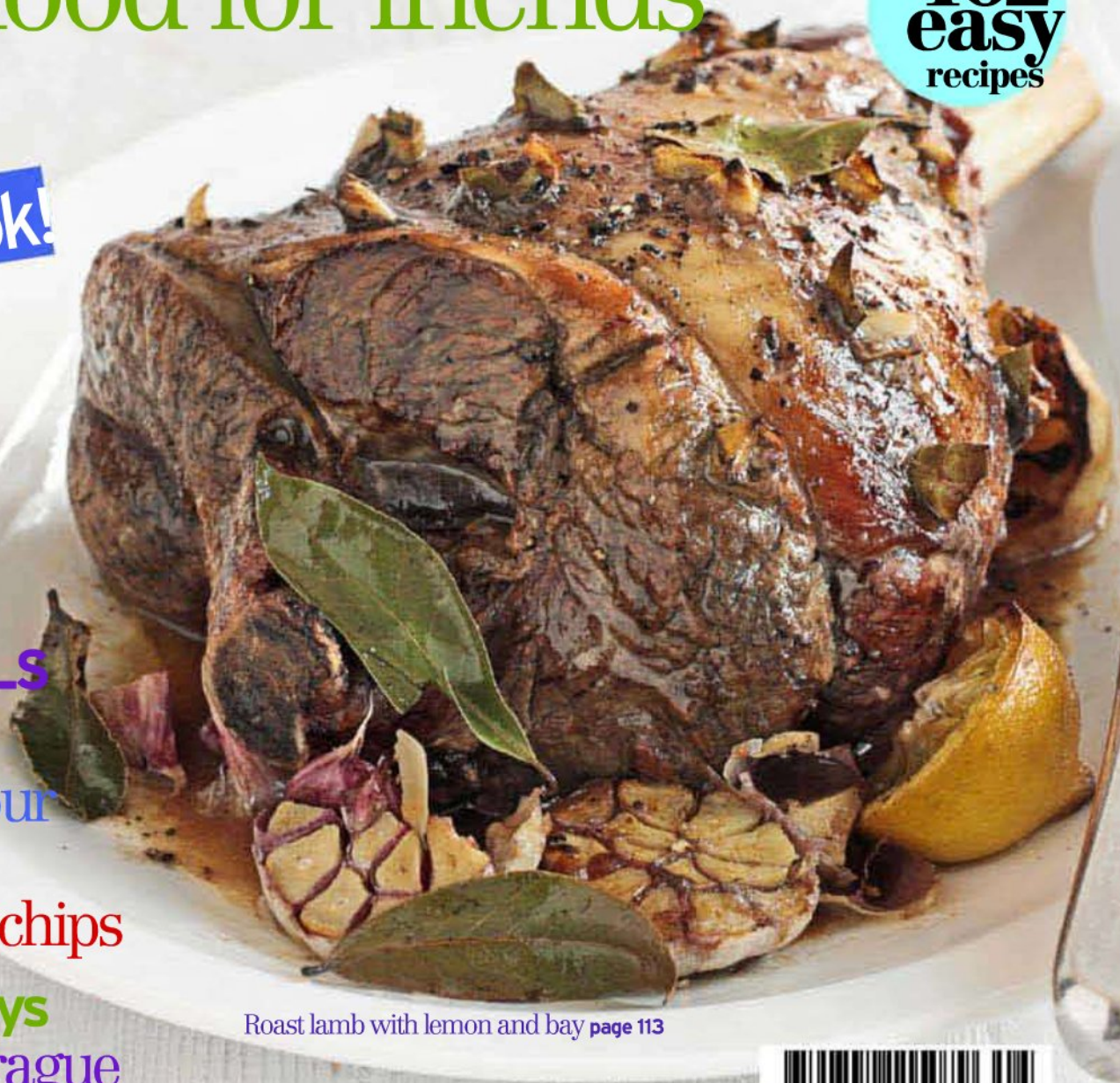
2 courses in an hour

eat out

Fantastic fish and chips

great-value getaways

Venice\*Belfast\*Prague



Roast lamb with lemon and bay page 113

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SEASONAL  
IDEAS

Cook with May's  
best ingredients



SHOW-OFF  
PUDDINGS

For bank holiday  
entertaining



30-MINUTE  
SUPPERS

Quick after-work  
meals for two









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Little Cayman is the smallest of the three Cayman Islands, with a population of just 150 – Caymanians are so friendly and welcoming that after a few days exploring the island you'll have probably met them all. Even on the other slightly more populated islands, you'll experience an equally hospitable time – all visitors are treated as valued guests by the locals. No wonder so many people return to see old friends. THE OTHER SIDE OF THE CARIBBEAN.

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## NEED TO GET IN TOUCH?



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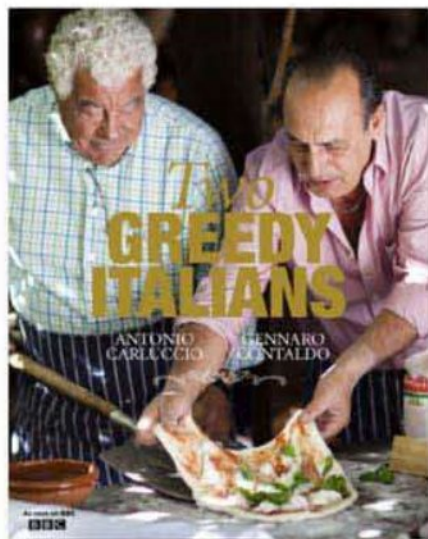
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Find out what we're up to in the **olive** test kitchen by searching for **olive** magazine on facebook and follow us on twitter: @olivemagazine



## Subscribe to olive

If you like May **olive**, why not subscribe and we'll send you a FREE copy of the new cookbook, *Two Greedy Italians*, worth £20 by Antonio Carluccio and Gennaro Contaldo. The book, which accompanies the new BBC series, contains over 100 recipes, including classic dishes along with recipes that showcase the changes in style in Italian cookery. Plus, order today and save over 25% on the full cover price when you pay by direct debit - less than £2.65 an issue. Call **0844 848 9747** and quote OLP511, or see page 81.

# Welcome to olive

## 10 reasons to be in a sunny mood this month

- 1 It's easy to make something good every day with our **weekly meal-planner for two** (just £5 per meal) **page 48**
- 2 **Cherry Bakewell tart** and a cup of builder's tea **page 41**
- 3 **The 25-minute risotto**: quick after-work suppers for spring **page 66**
- 4 **A chippy** with heart **page 96**
- 5 **You can eat all the pies!** Four classic recipes get a healthy makeover **page 55**
- 6 **It's asparagus season** **pages 34, 64, 66**
- 7 Soda bread in Belfast, fried mozzarella sandwiches in Venice, micro-beers in Prague: **three affordable spring breaks** **page 96**
- 8 **No-hassle entertaining**: how to cook two courses in an hour **page 75**
- 9 **Fantastic restaurants** serving the best British cheese, fish, game, pork, bread and ice cream (featuring piglets and a man in a cow suit) **page 89**
- 10 **A delicious new way to cook roast chicken** **page 59**

## PLUS! 21 brilliant baking ideas in this month's FREE RECIPE BOOK\*



What recipes and features appeal to you most this month? Please email me at [oliveletters@bbc.com](mailto:oliveletters@bbc.com) - I'd love to hear from you.

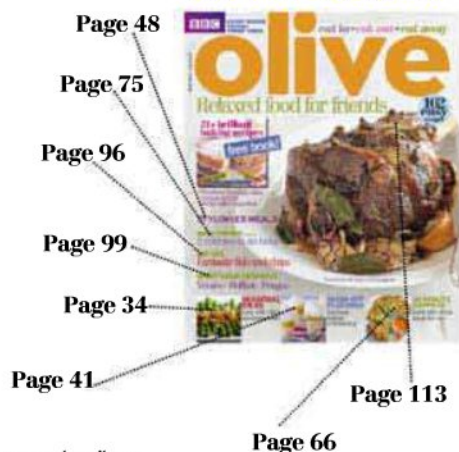


Enjoy May.

Christine

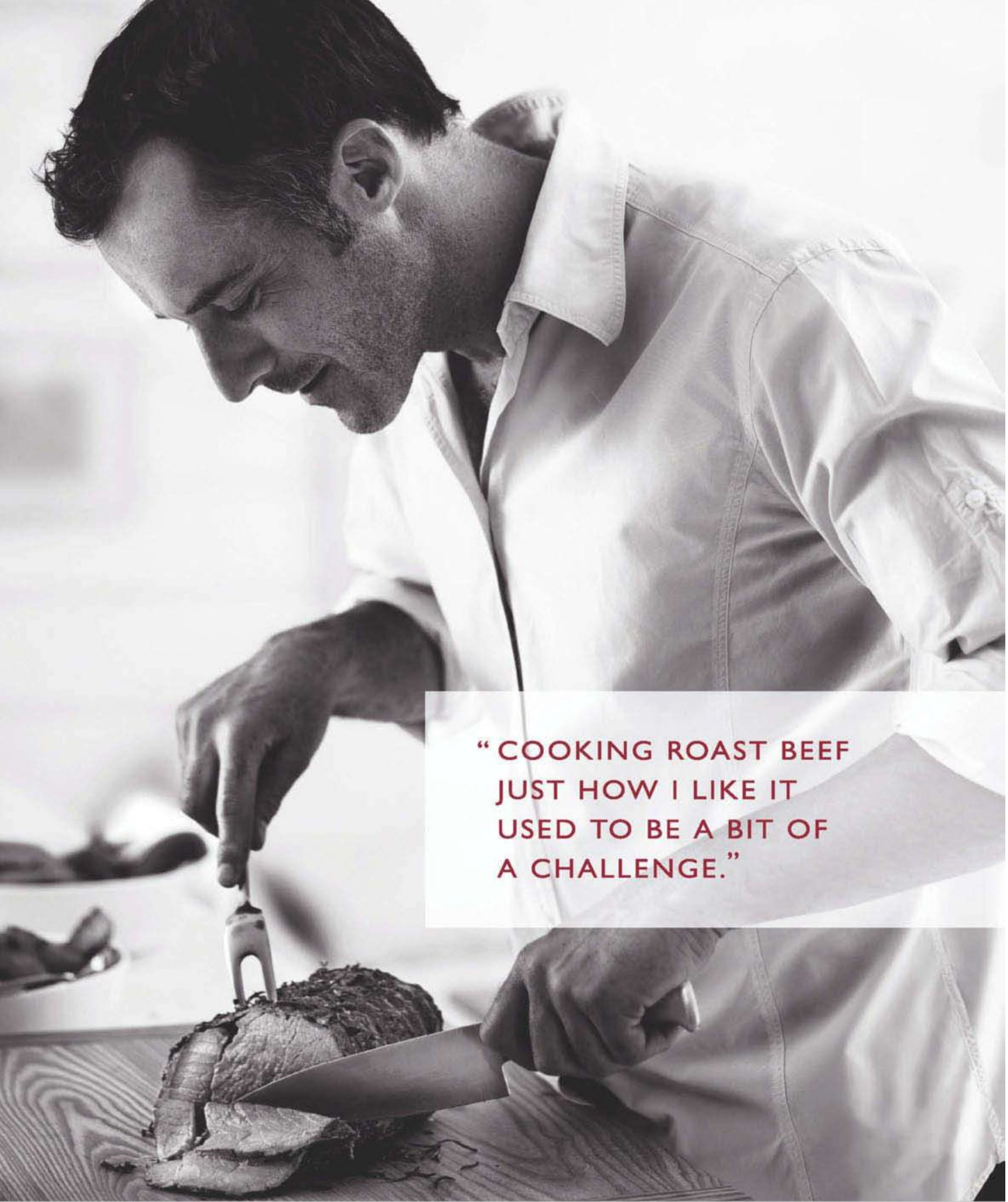
Christine Hayes EDITOR

## ON THE COVER



\*Supplement only available to UK residents and overseas subscribers.





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JUST HOW I LIKE IT  
USED TO BE A BIT OF  
A CHALLENGE.”



“NOW MY CIRCOSTEAM  
OVEN ENSURES IT’S  
PERFECTLY SUCCULENT  
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LOOK OUT FOR THREE NEW PUBLICATIONS FROM BBC MAGAZINES, ON SALE NOW.  
**olive** READY IN 30 COLLECTION AVAILABLE AT BBCSHOP.COM





May 2011



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## Look out for these highlights



■ Clever short cuts and time-saving ideas that give great results.



■ Most of **olive's** recipes don't require lots of effort, but those marked with this stamp are a doddle.



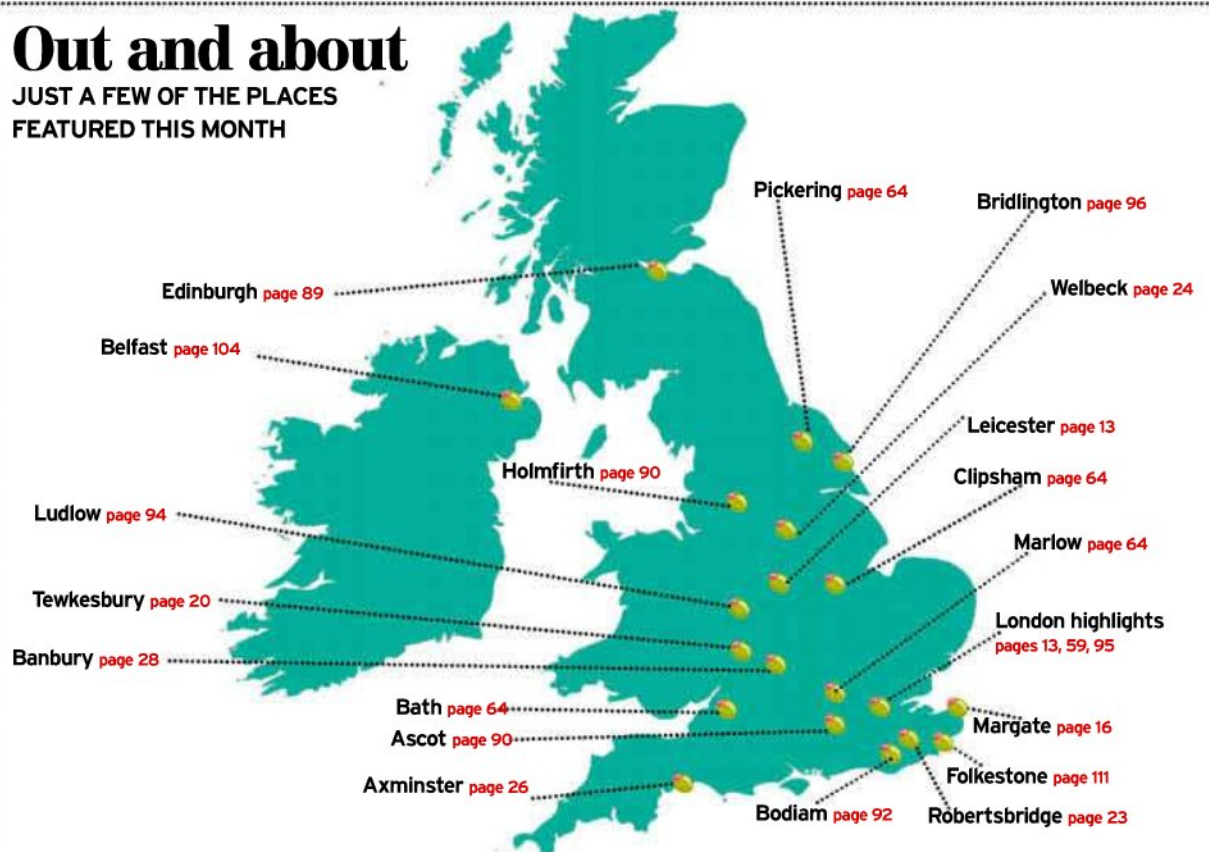
■ As voted by the **olive** team. If you only try one recipe, make it sweet potato tortilla with pepper sauce, page 66.



■ Quick recipes that you'd never guess would take so little time.

## Out and about

JUST A FEW OF THE PLACES FEATURED THIS MONTH





# Over to you

Looking for a restaurant recommendation, a foolproof recipe or an inspiring blog? Just ask our readers

Edited by JESSICA GUNN

## olive STAR RECIPE



### Chicken cacciatore

This impressive Italian classic is one of the most popular recipes on **bbcgoodfood.com**, with 450 four or five-star ratings.

#### HOW YOU PIMPED IT!

**Lorena** I used pork tenderloin instead of chicken, which I marinated first. I didn't have any mascarpone so used cream cheese, and also added a dash of white wine.

**Victoria** Instead of mascarpone cheese, I put a slice of mozzarella on each chicken piece just before it goes in the oven.

**Karen** To make a slightly healthier version, use skinless chicken breasts and par-cook them on a griddle pan first. You can also use low-fat mozzarella.



**olive**  
INSIDERS POLL  
Who's your favourite  
celebrity chef?

20%  
JAMIE

15%  
NIGEL

12%  
HUGH

11%  
NIGELLA

9%  
JAMES MARTIN

### BEST FROM THE BLOG

**Useless utensils** What's rusting in the back of your cupboards?



**Colette** The electric steamer - I had all these great intentions of getting healthy, but haven't used it once.

**Mothergoose** The pancake pan - it buckles over the heat to the point that the batter runs off.

**Poppysuze** It has to be my sandwich toaster - a gift that I have never used.

\* To see the full blog and comments, visit **bbcgoodfood.com**

### READER BLOG OF THE MONTH **tasteforbologna.blogspot.com**

'My blog is about (arguably) Italy's best regional cuisine, Bolognese. Expect to see interviews with restaurateurs, food producers and celebrities, as well as recipes, reviews and suggestions for places to stay and visit.'

**WE SAY** Martin Yarnik has created a useful resource of top local knowledge for anyone travelling to the Bologna region, including where to find the best aperitivo bars and chocolate ice cream. Lovely recipes, too.

\* Do you write a really outstanding blog worth sharing with other **olive** readers? Email **oliveletters@bbc.com**



\* Find us on facebook and follow us on twitter: @olivemagazine

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## JOIN **olive** INSIDERS!

Sign up and we'll be in touch from time to time to ask your opinion on **olive** and everything food related. To join, visit [bbcmagazineinsiders.com](http://bbcmagazineinsiders.com)



**WIN!**

## A set of Swiss Diamond pans

To celebrate the launch of its new range of high-performance cookware made with real diamonds, Swiss Diamond is offering **olive** readers the chance to win one of four sets of pans worth £250 each.

Each set comprises one 20cm fry pan, one 16cm saucepan and one breakfast pan. Swiss Diamond pans feature a non-stick coating incorporating real diamond crystals, which provide a virtually indestructible cooking surface that won't crack, blister or peel. No oil or fat is required. The diamond crystals ensure optimal heat distribution, eliminate hot spots and help prevent burning. The pans have a lifetime guarantee, are dishwasher safe and can be used with metal utensils.

\* **FOR YOUR CHANCE TO WIN** Send your name, address and contact number to **olive** May Swiss Diamond Giveaway, PO Box 501, Leicester LE94 0AA, or visit [bbcgoodfood.com](http://bbcgoodfood.com) and click on 'competitions'.



**TERMS AND CONDITIONS** 1. The promoter is Swiss Diamond. 2. The promotion is open to residents of the UK over the age of 18, except employees and their families/friends of BBC Worldwide Ltd and all promoting companies. 3. One entry per person. 4. The closing date is 31 May 2011. 5. No cash alternative. 6. Winners will be notified within 28 days of the competition closing date. 7. For full terms and conditions, see page 124.



### FOOD NATION **LEICESTER**

**olive** reader Tara Christopher on where to eat in her home town

\* **AFTERNOON TEA** at Kilworth House Hotel is a fabulously genteel experience, with exquisite food, wonderful tea and staff who treat you like royalty. ([kilworthhouse.co.uk](http://kilworthhouse.co.uk))

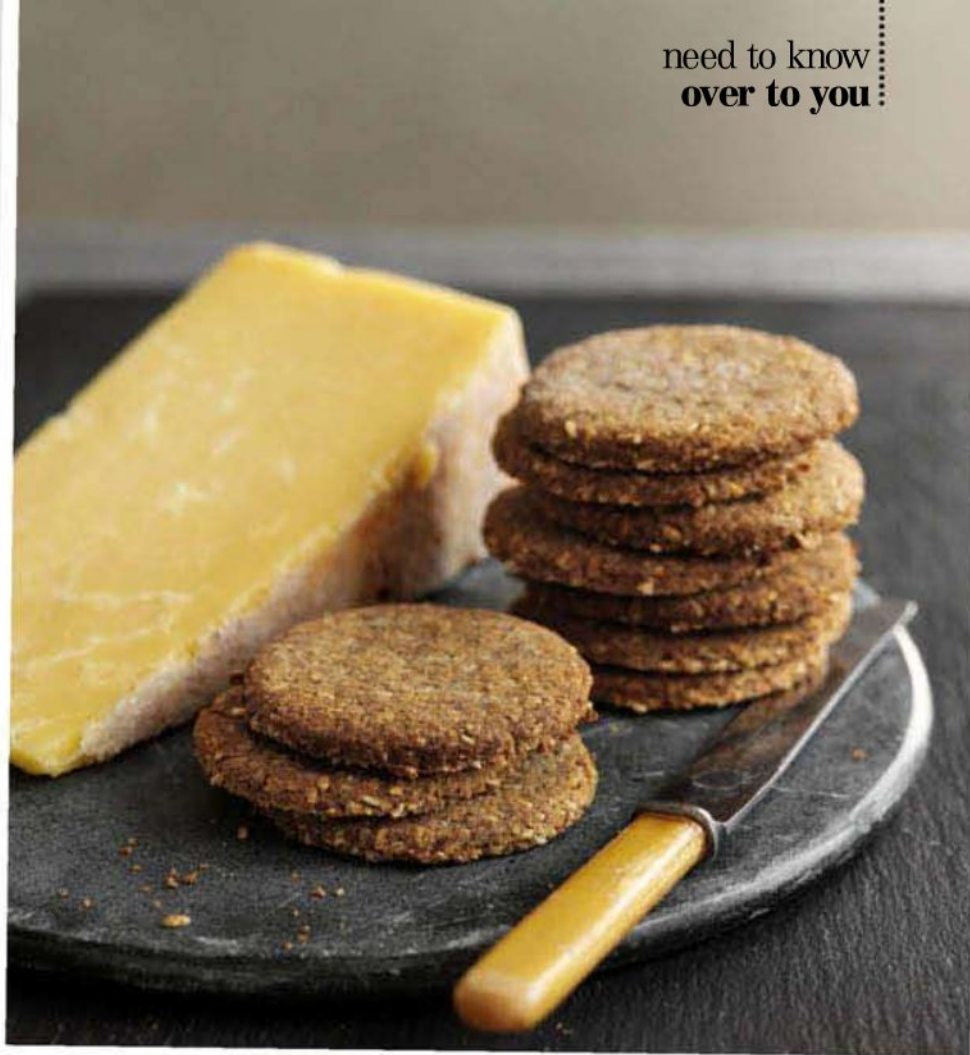
\* **DINNER** Head to the Taj Indian restaurant in Stoney Stanton. You'll find beautiful food, wonderful hosts and a vast knowledge of traditional Punjab food. (42 Huncote Road; 01455 271999)

\* **DRINKS** The Curve theatre bar has a good selection of drinks at reasonable prices, and it's nicely situated in the cultural quarter of the city. You might get to see the actors performing rehearsals in the open-plan audition spaces, too. ([curveonline.co.uk](http://curveonline.co.uk))

\* **Can you recommend great places to eat in your home town? Let us know by emailing us at [oliveletters@bbc.com](mailto:oliveletters@bbc.com)**

## WRITE TO US AND WIN!

**Jennifer Schofield** wins this month's prize of 12 bottles of Cune Crianza Rioja. **Next month's winner will receive 12 bottles of Louis Jadot Pouilly Fuissé.**



need to know  
over to you



### MY RECIPE

#### Jackie Sherman's oatcakes

30 minutes ■ Makes approx 18 ■ **EASY**

'Oatcakes can be quite expensive to buy, so I bake my own. They're delicious, quick and easy to make.'

\***What's your favourite recipe?** Share it with us. Email [oliveletters@bbc.com](mailto:oliveletters@bbc.com)

**medium oatmeal** 100g (I use The Oatmeal of Alford)  
**wholemeal flour** 100g  
**bicarbonate of soda** 1 tsp  
**salt** 1/2-1 tsp  
**butter** 50g, melted

■ Heat the oven to 200C/fan 180C/gas 6. Mix the dry ingredients in a bowl. Stir in the melted butter, then add just enough boiling water to make a firm dough (you'll need about 5-6 tbsp).

■ Roll out the dough thinly (thinner biscuits are crisper) and cut into rounds with a pastry cutter. Put on a non-stick baking sheet.

■ Bake for about 15-20 minutes, until golden brown. Leave on the baking sheet for 5-10 minutes before transferring to a wire rack to cool completely.

■ **PER SERVING** 63 kcal, protein 14g, carbs 78g, fat 31g, sat fat 17g, fibre 0.9g, salt 0.43g





*The secret of Bonne Maman's chilled desserts is simple: traditional recipes, the best natural ingredients - whole milk, rich cream, pure cane sugar, fresh eggs, and a little bit of Bonne Maman know-how.*

*Each delicious Bonne Maman dessert, such as the Crème Caramel, is so good it tastes home-made; just as grand-mère would have made.*

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*Moments to cherish*





# Starters

This month's must buys, smart trends and news

Compiled by DANIELLE THEUNISSEN Photograph GARETH MORGANS

EDITED BY: CHRISTINE HAYES. WORDS: JANINE RATCLIFFE, LULU GRIMES, GREGOR SHEPHERD, CHRISTINE HAYES, ALISON BOWLES, JESSICA GUNN, DANIELLE THEUNISSEN, EVE MARLEAU, CAROLINE SHAW, SARAH JANE EVANS MW, PHOTOGRAPH: PHILIP WEBB.

## TRENDS WE LIKE MACKEREL

**eat in** This sustainable beauty, championed by Hugh Fearnley-Whittingstall, is both cheap and easy to cook: find **olive** recipes including this Japanese salt-grilled version on [bbcgoodfood.com](http://bbcgoodfood.com), and to learn how to fillet mackerel, turn to page 118.

**eat out** It's appearing at takeaways (see our review of [fishandchips149.co.uk](http://fishandchips149.co.uk), page 96) as well as our smartest new British restaurant, Heston Blumenthal's Dinner, where it is hay smoked and served with Gentlemen's Relish. ([dinnerbyheston.co.uk](http://dinnerbyheston.co.uk))

**eat away** In Spain it is often marinated in vinegar or citrus and eaten as escabeche, and we've recently tried it at new French restaurant Chabrot Bistrot d'Amis marinated in white wine, griddled and served with white grapes and croutons. ([chabrot.co.uk](http://chabrot.co.uk)) 🍷





## MAN OF THE MONTH YOTAM OTTOLENGHI

He's done it again. Cookbook author and restaurateur Yotam Ottolenghi's new restaurant Nopi in Soho reinvents the eating-out experience - downstairs tables are actually in the kitchen. The menu features unusual combinations such as seared prawns, fennel, white oregano and feta that really work.  
(nopi-restaurant.com)

## DINNER FOR 4 FOR £20!!



- \* **Spanikopita and tzatziki** (p36) **£3.59**
- \* **Roast chicken with braised chicory and tarragon sauce** (p58) **£13.43**
- \* **Strawberries Romanoff** (p82) **£2.30**

Total **£19.32**

Turn to page 124 to see how we work out our costs



## IDEAS TO STEAL **GELATO GLASSES**

Serving wine in chunky tumblers is a risky business - fine for a rustic red in a Tuscan trattoria, rubbish at home when a vigorous swirl loses half your chianti. Safer, then, to save them for dessert. Sorbet and ice cream looks even prettier when scooped into something see-through, as spotted at Highgate's Bull and Last pub. Sweet.



## THE JURY'S OUT

### NO BOOKING RESTAURANTS

**THE CASE FOR**

It's quite simple really. Trendy new restaurants, that you might otherwise have waited months to get a table at, are yours to just turn up and enjoy. You may have to wait a bit for your table but just have a snack before you leave the house, get a drink (or two) while you loiter and make some new friends in the queue.

**Janine Ratcliffe**

**THE CASE AGAINST**

I am a nervous individual at the best of times. I don't like going into shops carrying a newspaper in case they accuse me of stealing it, or worse, in case I start explaining to the shopkeeper that I had

it when I came in and then discovering that they don't sell newspapers. So can you imagine the dreadful mess of apology and embarrassment I become when confronted with a no-booking policy in a restaurant? Why do they do it? Do they hate me? They do by the time I've misunderstood the procedure for the sixth time. If I'm on my own, and I go to the loo, will someone take my seat? Will I have to fight the man who does? Nights out shouldn't be like this. Please help the timid and stop this anarchy.

**Gregor Shepherd**

**NEXT MONTH**  
**TIRAMISU**



Like it or loathe it? Join the debate on our facebook page - search 'olive magazine' to rate or slate no booking policies.



## ONE TO WATCH GREAT BRITISH MENU



This year's series sees 24 of Britain's leading chefs competing to cook for a giant street party in London's historic Leadenhall Market. As usual, this is no ordinary party, with guests including 100 of Britain's local food heroes, from Cornish fishermen to school food workers.

Judges Prue Leith, Matthew Fort and Oliver Peyton return to oversee the contest, plus look out for guest chef judges including Richard Corrigan, Marcus Wareing, Michael Caines, Angela Hartnett and Jason Atherton.

**BBC Two, from early April**



## Best of the rest

- **The Two Greedy Italians**, Gennaro Contaldo and Antonio Carluccio, cook the food they love. **Coming soon, BBC Two**
- Ken Hom and Ching-He Huang are the first chefs competing in *Perfect...* **Monday to Wednesday, 7pm from 2 May, Good Food**
- Simon Hopkinson produces restaurant-quality food from everyday ingredients in *The Good Cook*. **Coming soon to BBC One**

need to know  
news, trends, shopping



## FOOD EDITOR'S SHOPPING BASKET FRESH PASTA CO



I've been a fan of the multi award-winning Fresh Pasta Co since discovering it in 2005, so I'm thrilled that you can now pick up a pack in Waitrose or on Ocado (£5.99/250g). The fresh tortelli and tortellini is traditionally handmade in Northern Italy with '00' flour, free-range eggs and delicious

fillings such as red-wine braised venison and spinach, ricotta and walnuts. For a simple starter, heat some butter until foaming then gently sizzle chopped red chilli, chopped garlic and sage leaves. Toss with cooked butternut squash and sage tortelli and enjoy. Bellissimo! ([thefreshpastacompany.com](http://thefreshpastacompany.com))

## SUPERMARKET SWEEP Stop by Sainsbury's for a speedy Moroccan supper

### Moroccan style pittas

15 minutes ■ Serves 2 ■ **EASY**

Warm a packet of **Sainsbury's falafel** (£2.29/200g) in the oven. Warm 4 **Sainsbury's white pitta breads** (55p for 6) in a pan or under the grill. Stuff the pittas with the falafels, **Sainsbury's wild rocket** (£1/100g) and half a tub of **Sainsbury's mixed antipasti** (£3.25/200g) and serve with **Sainsbury's raita dip** (49p/70g).

### BRILLIANT WINE MATCH

**Cuvée Prestige Cotes du Rhône, France**, (14%, Sainsbury's, £4.39)

Light and spicy, with lively red and black fruits, this typical Rhône red blend is made for summer flavours. There's a note of smokiness from oak which pairs well with spicy falafel or barbecue foods.

TOTAL COST  
**£11.97**  
WITH WINE





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with Olive Oil.  
**Even you.**

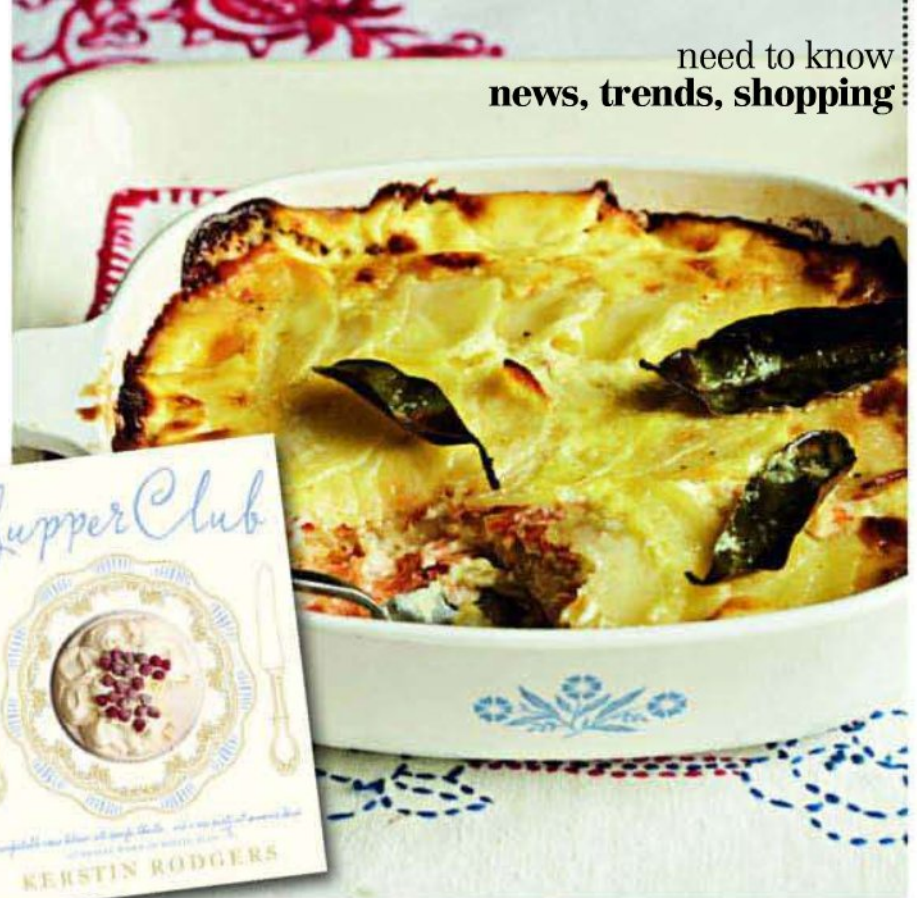
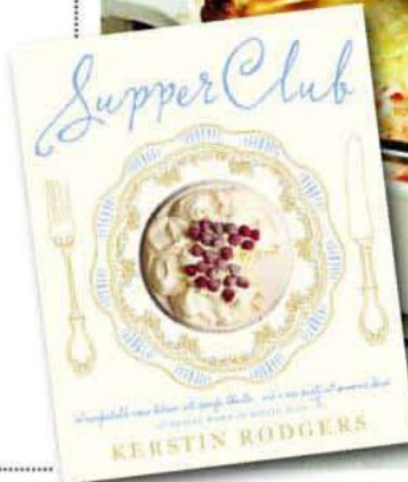




# £5

## WINE

This wine blends gooseberryish sauv blanc with Spain's lime and grapefruit verdejo. Drink it with seafood, especially salmon. La Poda Sauvignon Blanc Verdejo 2009, Vino de la Tierra de Castilla y Leon, Spain. (12.5%, £4.99, reduced from £6.99 when you buy two bottles until 2 May 2011, Majestic)



## BAR OF THE MONTH MASON & TAYLOR

Just off Brick Lane in the heart of London's Shoreditch, Mason and Taylor is a canteen-style bar dedicated to the best craft beers that British, Belgian, German and American microbreweries have to offer. The best way to get to grips with the selection of ales, stouts and porters (they change every month), is to order a flight of draught beers, such as Camden Pale Ale (£3.80/pint), Left Hand Milk Stout from Colorado (£3.50/½ pint) and Westmalle Dubbel (£3.50/½ pint) from Belgium. In the bottled beer section, **olive** loves the citrusy Otley 08 pale ale (£4.50/500ml) from Pontypridd, and the



deliciously smooth Californian Anchor Porter (£4/355ml). A concise British small plates menu is the perfect accompaniment – try the grilled Jerusalem artichokes with aioli, £4, and the cured loin of venison with redcurrants and Cumberland sauce, £5.50. (masonandtaylor.co.uk).

## BOOK CLUB SUPPER CLUB

Since opening the doors of The Underground Restaurant in 2009, the name Ms Marmite (aka Kerstin Rogers) has become synonymous with the supper club trend in the UK. Her award-winning blogs showcase both her talent as a chef and food writer, and core appeal of secret dining itself – in Kerstin's words, a 'do-it-yourself culture' that makes 'good food available to everyone at a reasonable price'.

Her first cookbook, *Supper Club*, carries forth the same mantra, opening up the world of secret dining for everyone to see. The book is divided into two sections; the first setting up the concept of secret dining, from touching on the movement's Latin American roots, to advising on the practicalities of starting your own club.

The second section is dedicated to the inventive recipes that have put her restaurant on the map. Kerstin takes her influence from far and wide – expect to find Marmite cheese on smoked haddock sitting alongside Thai-style fish on banana leaves with coconut rice in the main course chapter. At the back, there's a directory of secret home restaurants across the UK, but if the appeal and accessibility of *Supper Club* is anything to go by, the numbers will be growing rapidly before too long.

**Recipe tested by olive's sub editor Eve Marleau** 'Although simple to make, it's a very elegant and indulgent dish that's perfect for a relaxed evening with friends. I served it with a crisp green salad and a mustardy vinaigrette to cut through the richness of the cream.'

## Gratin dauphinoise with smoked salmon

1 hour 15 minutes ■ Serves 4 ■ **EASY**

**garlic** 1 clove, peeled

**butter** for the dish

**potatoes** 4 large, such as Charlotte, Maris Piper, Désirée or King Edward, peeled and thinly sliced

**smoked salmon** 250g

**double cream** 600ml

■ Heat the oven to 180C/fan 160C/gas 4. Rub a baking dish with the garlic clove, discard then butter the dish.

■ Arrange a layer of potato slices in the bottom, like fish scales, then salt lightly. Add a layer of smoked salmon, then repeat with the rest of the potatoes and salmon, lightly salting as you go. Try to have no more than three layers, finishing with a potato layer, so as not to over-fill the dish.

■ Place the bay leaves on the top layer and season. Pour over the double cream; this should cover the bay leaves and potatoes generously. Cover the dish with foil and bake for 30 minutes. Remove the foil then bake for another 15 minutes until golden brown, and the potatoes are cooked.



# \*cravings



## EASTER BROWNIES

Billington's, the unrefined sugar company, has teamed up with chocolatier Paul A Young to produce a limited edition Easter simnel brownie. A decadent and dense chocolate brownie, laced with brandy and packed with dried fruit is just the type of grown up treat we like for Easter. Visit [billingtons.co.uk](http://billingtons.co.uk) for more info on unrefined sugars and [paulayoung.co.uk](http://paulayoung.co.uk) for details on how to get your hands on them, £4.50.

## BARGAIN HUNTER £71 MAY MINIBREAK

Spring is in the air, so head for the Kent coast and Margate, which is enjoying something of a revival, thanks in part, to the new Turner Contemporary Gallery that opens this April. **olive's** top sleepover choice is **The Reading Rooms**, a boutique b&b set in a Grade II-listed Georgian townhouse on Hawley Square. Stay in one of the three elegantly styled double bedrooms (from £135 a night) and enjoy



a breakfast of locally sourced goodies in bed. A trip to the seaside wouldn't be complete without fish and chips, and **Eddie Gilbert's**, just down the road in Ramsgate, serves some of the best. Choose from battered cod, haddock, rig or coley, cooked in beef dripping or vegetable oil, with chips, tartar sauce and lemon, £7.50. ([eddiegilberts.com](http://eddiegilberts.com); [turnercontemporary.org](http://turnercontemporary.org); [thereadingroomsmargate.co.uk](http://thereadingroomsmargate.co.uk)) And your weekend comes to £71 per person.

PHOTOGRAPH: RICHARD BRYANT

## HOT TABLES



**HERE**  
**PENNY BLACK** Paddington's duck with orange marmalade, followed by bananas and custard with hundreds and thousands for pud. The menu may sound like it's aimed at kids but the cooking at this new Chelsea restaurant is as grown up as it comes. Star dish is the beef Wellington. ([thepennyblack.com](http://thepennyblack.com))



**HAPPENING**  
**SPUNTINO** This Soho no-bookings restaurant gives a nod towards downtown NYC - expect to queue or go early to get a seat around the bar for meatball sliders, shoestring fries and mac and cheese. The name means 'snack' in Italian - you'll also find small plates such as duck ham, pecorino and mint and truffled egg toast. ([spuntino.co.uk](http://spuntino.co.uk))



**HIT LIST**  
**THE WORKSHOP** From the award-winning team behind Russell's of Broadway comes The Workshop - an all-day dining homage to Brit classics including boiled eggs and soldiers, beef dripping with parsley and watercress on toast and rice pudding and jam. ([workshopbroadway.co.uk](http://workshopbroadway.co.uk))





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## COCKTAIL HOUR EXPERIENCE NO.2

This sprightly cocktail from Soho's slick Experimental Cocktail Club is just the thing for laid-back spring evenings. Muddle 5 **basil leaves** together with the core of a **lemongrass stalk**, add 50ml **gin** (ECC uses Hendrick's), 20ml **fresh lemon juice** and 20ml **elderflower cordial** (the ECC uses Belvoir). Shake, double strain into a coupette or cocktail glass and garnish with a lemongrass straw. (experimentalcocktailclublondon.com)



## ROOM SERVICE LANGFORD FIVEHEAD

This welcoming new six-bedroom country house near Taunton calls itself a boutique b&b but we'd say it's in a category all of its own. Orlando Murrin, one of **olive's**



co-founders, and partner Peter Steggall, host gastronomic weekends in their stunning 15th-century home, so staying here is an opportunity to meet other food enthusiasts. Dinner (from £40-50) is an indulgent but informal affair taken around a communal table. You might have smoked eel from nearby smokery Brown and Forrest, Somerset hoggett, local cheeses such as Montgomery's cheddar, pear tarte Tatin and petit fours. Breakfast is around the kitchen table while Orlando flips French toast on the Aga. Bedrooms are luxuriously furnished, a decanter of Madeira in each one provides a civilised welcome. B&b from £175 Call 01460 281159 or see langfordfivehead.co for details.

## CHEAT SHEET EASTERN MEDITERRANEAN

Silvena Rowe, Bulgarian-born chef at new restaurant Quince, on what you need to know about the Eastern Mediterranean. (Quince, The May Fair Hotel, London W1; themayfairhotel.co.uk)



**1** The Eastern Med region covers the countries of Syria, Lebanon, Turkey, Jordan, Egypt and Israel. The gastronomic history of the region owes as much to the great Ottoman Empire as a modern-day spice market in Amman or Damascus.

**2** Typical ingredients are tahini, chickpeas, flatbreads, grilled meats and fish, aubergine, pistachios and yoghurt. They appear in shish kebabs, tabbouleh, hamsi börek, baklava and pilaffs.

**3** Food is served in a way that celebrates the gathering of family and friends - dishes are shared easily as meze.

## DOUBLE DEAL...

If you haven't got the time to knock up pudding, tuck a few of these syrup-soaked Bonne Maman **Baba au Rhum** in your shopping basket. (Pack of two, £2.29 available at Tesco and Waitrose)



## ...REAL DEAL

Keen cooks will enjoy making Bar Battu's delicious rum babas, page 63.

PHOTOGRAPH STEVE DALTON



# Leaner lamb. Cleaner pan.



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## QUICK BITES

### MEALS FROM SCRATCH

These ready prepared meal kits by scratch have just the right amount of ingredients to make super-fresh meals for one without any waste. Plus, they get top marks for free-range chicken, wild crayfish and fresh veg from Covent Garden market (from £4.75; [scratch.co.uk](http://scratch.co.uk)).

### JELLY BABY

Once you've made our lovely Pimms creation on page 42, you might want to experiment with more shapes. Giant Baby Jelly (£7.99/[firebox.com](http://firebox.com)), or to see exciting jelly creations visit [jellymongers.co.uk](http://jellymongers.co.uk).

### TOP POPCORN

Tyrell's Sour Cream and Jalapeño Chilli is the ideal sofa snack. (£1.79/Waitrose)

### SPICE MARKET STARS

Before you've even set eyes on the menu at Spice Market in the all-new, all-bling W hotel, a tray of poppadum-style snacks with an addictive tomato chilli dip magically appears. We also like the fantastic crab dumplings with fresh peas. ([spicemarket.london.co.uk](http://spicemarket.london.co.uk))



## WINE LIST STARS CHATEAU CIVRAC

### Make a note of Sarah Jane Evans MW's top drops

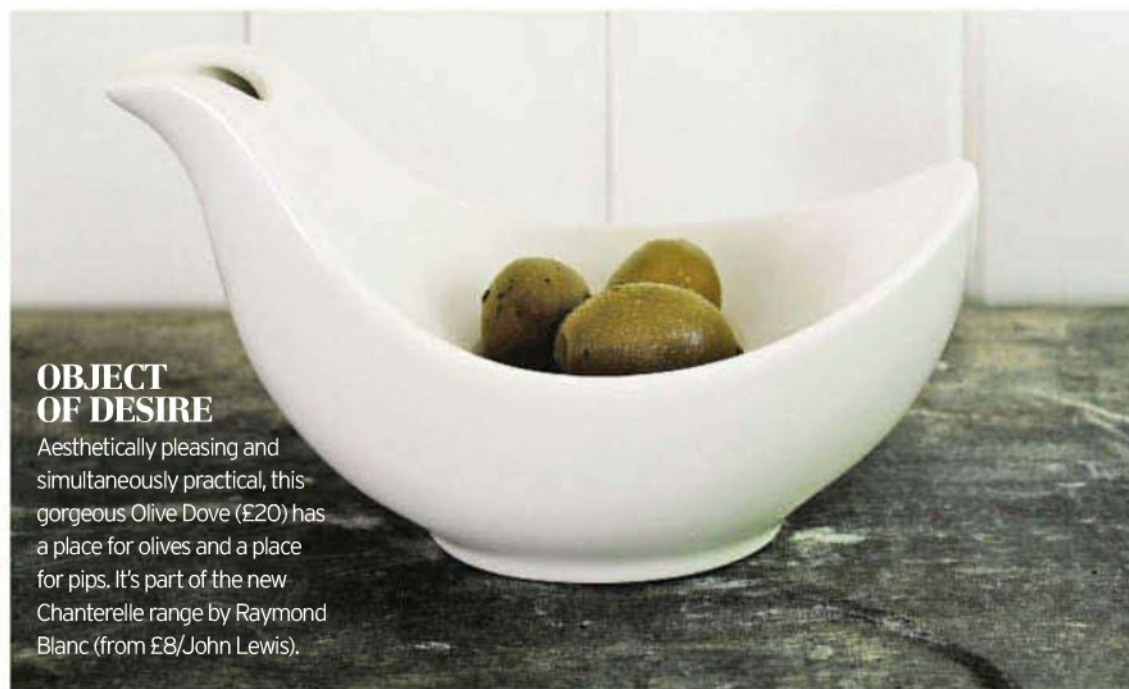
Cornish Mark Hellyar is the Englishman behind Chateau Civrac (pronounced 'sih-vrack') in the Côtes de Bourg. These are the vineyards near the Gironde river in Bordeaux, and have always been a reliable place for good-value wine. The design is distinctive, and the wine is typically Bordeaux, a blend of cabernet sauvignon and merlot, with a dash of malbec. It is fermented in concrete tanks and matured in French oak barrels for a year, and the result is a juicy red, with overtones of cedar and tobacco. Perfect for drinking young.

**LOOK FOR IT ON WINE LISTS** London: Le Gavroche, Angelus, Northbank, The Gherkin, The Modern Pantry. Out of London: Gidleigh Park; The Castle Hotel, Taunton; ABode Hotels; Hotel Du Vin. The retail price is a reasonable £13.99 ([civrac.com](http://civrac.com), [vfmuk.com](http://vfmuk.com)).



## GREEN OLIVE

Adnams has installed an anaerobic digestion plant to turn brewery and food waste into biogas. This will be used to fuel the brewery, its fleet of delivery lorries and for injection back into the national gas grid. Adnams will also allow local companies to dispose of suitable waste. Waitrose, for instance, will be sending food waste from seven of its Norfolk and Suffolk stores to the Adnams site. Partners include British Gas and the National Grid with funding from The Royal Bank of Scotland and grants from European Regional Development Fund, the East of England Development Agency and the Department of Energy and Climate Change. ([adnams.co.uk](http://adnams.co.uk))



## OBJECT OF DESIRE

Aesthetically pleasing and simultaneously practical, this gorgeous Olive Dove (£20) has a place for olives and a place for pips. It's part of the new Chanterelle range by Raymond Blanc (from £8/John Lewis).

## FOOD FESTIVAL

Celebrate this year's May Day Bank Holiday with the new-look Tewkesbury Food and Drink Festival. With new organisers and a great bill of chefs, it's now set to become the region's favourite food event.

Highlights to look out for include demos in the live kitchen by chefs John Torode, Simon Rimmer and Thomasina Miers (pictured); a kids' Food Fest; a pop-up restaurant village with live music; a fine food market packed



with local producers; and mini festivals for chocolate and chillies in the Taste Tent.

**olive** readers get a fantastic discount on advanced tickets, meaning they can buy standard adult day tickets for £7, premier day tickets for £9, standard family tickets for £15, and weekend tickets for £12. All tickets include entry to the Festival from 10.30am - 10pm on Sat and Sun and 7.30pm on Monday. Premier tickets include a seat in the cookery theatre. Visit [bbcgoodfood.com/tfdf](http://bbcgoodfood.com/tfdf) or [tewkesburyfoodfestival.co.uk](http://tewkesburyfoodfestival.co.uk) for full details.



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# DIY producer

Dreaming of ditching the day job for a life in food? **olive** road tests the courses that could help launch your new life as a food pro

Words JESSICA GUNN, JANINE RATCLIFFE,  
GREGOR SHEPHERD and DANIELLE THEUNISSEN

## ITALIAN BAKING The Lighthouse Bakery, East Sussex

TESTED BY Jessica Gunn,  
features editor

### THE PROMISE

Learn how to make authentic Italian bread in a day.

### THE EXPERIENCE

Courses take place within the working bakery, so you get a good impression of how the real thing looks and operates. Elizabeth Weisberg and Rachel Duffield run the bakery; Liz as head baker and Rachel focusing more on the business side of things. They're a dynamic, friendly and committed team.

Liz directs the course, starting the day with a quick run-through of the theory and various stages of bread making, before talking more specifically about Italian bakery and explaining the breads to be made that day. Helpfully, you get a book covering all this, the recipes and more to take away.

Then, straight on to practical work, starting with a tour of the small bakery, the key kit and equipment. We then paired up for weighing ingredients, kneading and learning about why and how bread rises. Liz used each bread to demonstrate or talk about a different stage of the process so by the end of pizza dough, ciabatta, pane Pugliese, pane lariano di Genzano and chocolate bread, we had a fairly solid grounding, including an (entry level) insight into some of the science of baking and baker's maths.

Many Italian breads rely on yeast starters that have to be made the day before. These were pre-made for us but are easy to do at home. By lunch, we'd made all the doughs, as well as kneaded, rolled out and constructed our own pizzas – which we then ate. Lunch was also a good opportunity to ask Liz more about life as a baker and how the business worked.

Post-lunch, we looked at how to test if the dough had proved for long enough, how to shape loaves (including a fancy chocolate bread plait), baked our breads



and tested to see if they were cooked.

### PRO FACTOR Medium

One day's course was never going to make me a pro, but from my beginner's standpoint, I've come away from the course considerably more confident. One of the more experienced attendees said she felt she would also take away significant new skills. This course also gave a glimpse into what a baker's life involves – and it's not easy.

### DIFFICULTY RATING 3/5

**HIGHS** The quality of the breads we produced was really exciting.

**LOWS** Most of the kneading was done in the bakery's industrial sized mixer to save time. This meant there wasn't a huge amount of guidance on the basics of kneading.

**DETAILS** Introduction to Italian baking, £175 ([lighthousebakery.co.uk](http://lighthousebakery.co.uk))

**NEXT STEPS** Liz and Rachel are an invaluable source of information for anyone wanting to follow the same path. They take on interns and advise any wannabe pros to spend time working in a bakery first.

**Also try** The Bertinet Kitchen, An Introduction to Bread Making, £145 ([thebertinetkitchen.com](http://thebertinetkitchen.com))  
Panary, one-day courses from £160; two and three day courses also available ([panary.co.uk](http://panary.co.uk)) 🍌



need to know  
get the skills



## INTRODUCTION TO ARTISAN DAIRY School of Artisan Food, Welbeck, Nottinghamshire

TESTED BY Janine Ratcliffe, food editor

### THE PROMISE

This one-day, hands-on course covers how to make soft cheeses, butter and yoghurt.

### THE EXPERIENCE

It was straight to work as our teacher, Judith, paired us up and ran through the processes we needed to get started.

First we reduced pans of milk over heat for the first stage of our yoghurt. Next we started on our soft, ripened cheese by heating yet more milk (treated overnight

with cultures), then adding rennet.

Finally we made fresh, lactic cheese (a soft, spreadable cheese) by tipping rennet and culture treated milk into a muslin bag and suspending it over a bucket.

A break for lunch included a tutored cheese-tasting, then it was back into the kitchen to finish making the ripened cheese by cutting the set curds, then ladling them into moulds. We also made 'instant' butter (by beating cream in an electric mixer) before salting and shaping it with paddles. At the end of the day, we packed our produce into boxes to take home.

### PRO FACTOR High

The school has an agenda to train future artisan bakers, butchers and cheese makers, and the seriousness of these intentions trickles down even to entry level courses. Tutor Judith Cheney is a cheese-maker by trade (she created the award-winning Tunworth) and as well as sharing her hands-on experience and giving us an explanation of the science behind it, there was also a lot of discussion of the craft of cheese making. Although the premise of the course was to teach techniques we could replicate at home, there was a definite sense that this was a starting point for professional practice. Questions about making cheese were answered in great detail and my small class had at least two people who hoped to make this a career. We were given details of ingredient and equipment suppliers that cater to smaller cheese-makers, and ongoing advice was promised to anyone who needed it. Judith took us to the new, on-site dairy and explained that the scarily large equipment was just a scaled-up version of what we'd been doing.

### DIFFICULTY RATING: 3/5

**HIGHS** Creating my own cheeses, which are now happily maturing in the cellar.

**LOWS** None - other than that cheese making is a slow process, so we could only get a glimpse of what was possible.

**DETAILS** Introduction to artisan dairy, £160. ([schoolofartisanfood.org](http://schoolofartisanfood.org))

**NEXT STEPS** The school runs more detailed three and five-day professional cheese making courses, and last year introduced a year-long diploma.

**Also try** Hagley Bridge Farm, Bampton, Wellington Introduction to Making Dairy Products, one and two day courses, from £60 (01984 629026; [hagleybridgefarm.co.uk/cheese\\_making.htm](http://hagleybridgefarm.co.uk/cheese_making.htm))



**“what shall I do today...  
run, jump or play?”**

Freda Roam, happy egg co. farm resident



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## MEAT CURING AND SMOKING, The River Cottage, near Axminster

TESTED BY Gregor Shepherd,  
chief sub editor

### THE PROMISE

A one-day course that aims to give attendees 'the skills and confidence to make your own versions of some delicious cured meats'.

### THE EXPERIENCE

Run by meat expert Steve Lamb and River Cottage HQ head chef Gill Meller, this is largely a demonstration course with

some audience participation. Steve worked on a butcher's block from the front with a huge mirror above him in which everyone could see what he was doing. As he cut up the meat, Gill cured and cooked, and both answered questions and encouraged the audience to get involved.

The day started with a demo of how to divide a pig into portions for curing, followed by instruction on making pancetta and back bacon. We then moved on to how to create a prosciutto-style air-dried ham from the leg, brine-curing a whole gammon and salt beef. Finally, we covered hot and cold smoking and how to make salamis.

### PRO FACTOR Low-medium

This course is about instilling confidence, and it did that – it's only a matter of time before I'll be eating home-cured bacon. It certainly could put you on the road to commercial production, but it's worth knowing that there's a lot of red tape around selling artisan-type cured meats. On the other hand, a quality pig's leg costs around £50, a whole ham about £300, and a ham portioned up at a restaurant is worth about £1,000 – so there is plenty of motivation when you see how easy it is. There was a wide mixture of people on the course, from those who needed guidance on what to do with their own pigs (on a domestic scale), through to gastropub chef/owners looking to add to their repertoire, to twenty-somethings who wanted to make bacon at home.

### DIFFICULTY RATING 1/5

**HIGHS** Learning how easy it is to cure meat was eye-opening.

**LOWS** Although several audience members got to have a go, it would have been better if there had been more hands-on work. However, the course would have to be longer and a fair bit more expensive for that to happen.

**DETAILS** Meat curing and smoking, £180. ([rivercottage.net/cookery-school](http://rivercottage.net/cookery-school))

**NEXT STEPS** The River Cottage also does a 'pig in a day' course (butchering a pig), which works well in conjunction with this course.

**Also try** School of Artisan Food, Curing and Smoking, £170, or two-day Introduction to Butchery, £350 ([schoolofartisanfood.org](http://schoolofartisanfood.org))  
The Ginger Pig, pork butchery, £135 ([learnbutchery.co.uk](http://learnbutchery.co.uk))





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need to know  
get the skills



as how to melt and temper chocolate, achieving the right liquidity, and understanding how to work with different types of chocolate. Next we donned hairnets and labcoats for the practical work – an intense day and a half learning how to make moulded chocolates, caramel-filled seashells, dipped pralines, champagne truffles, large moulded shapes and pretty finishing touches. It was a highly enjoyable, hands-on course.

#### **PRO FACTOR High**

The academy is largely marketed at professionals (although enthusiastic amateurs are just as welcome) and the course was packed with technical skills, hands-on experience and advice on how to start your own chocolate business. It's a relaxed but focused environment and we were guided through everything at a manageable pace. As well as coming away with a detailed folder of everything we'd learned (and more), tutor Beverly advised on the type of kit we might need to buy, gave tips on how to set up a business, and offered a list of industry contacts from health advisers to where to buy your moulds.

#### **DIFFICULTY RATING 4/5**

**HIGHS** As well as coming away with a very impressive chocolate collection, we achieved a high skill level in a short space of time.

**LOWS** This is an intense course so it can be tiring.

**DETAILS** Introduction to Chocolate, £312, two days. ([chocolate-academy.com](http://chocolate-academy.com))

**NEXT STEPS** Follow up advice and guidance is offered by tutor Beverley.

**Also try** Betty's Cookery School, Chocolate for Beginners, £165 ([bettyscookeryschool.co.uk](http://bettyscookeryschool.co.uk))  
Cocoa Black Chocolate School, Chocolate Masterchef Course (two days), £350 ([cocoablack.co.uk](http://cocoablack.co.uk)). Recommended for professionals and serious home cooks. 🍫



## **INTRODUCTION TO CHOCOLATE**

### **Barry Callebaut Chocolate Academy, Banbury Oxfordshire**

**TESTED BY** Danielle Theunissen, editorial assistant

#### **THE PROMISE**

From the origins of chocolate, right through to choosing the packaging for your final product, this two-day course aims to give students a solid grounding in the skills needed for a professional, or committed amateur, chocolatier.

#### **THE EXPERIENCE**

We spent most of the first morning mastering tricky but essential skills such



# PARADISE PASTA SALAD



PASTA (penne),  
**TOMATOES** (cherry),  
TUNA (drained),  
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**HELLMANN'S**  
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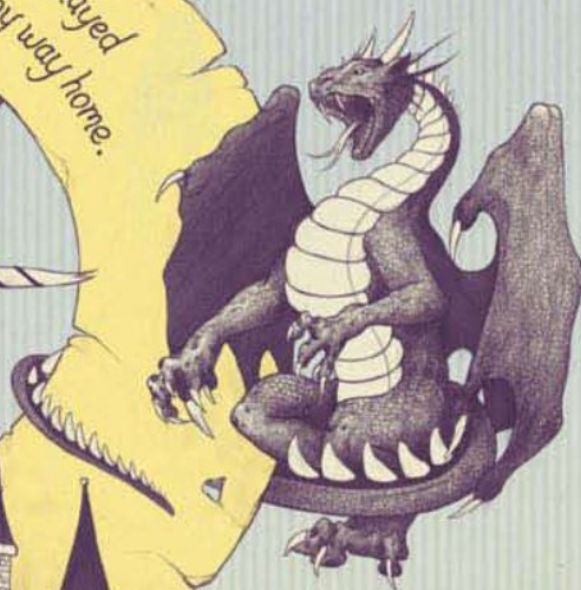




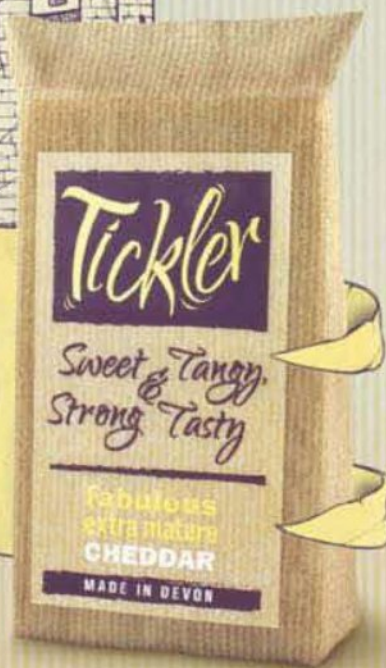
*So I swapped my last crumb of sweet, tangy Tickler...*



*...for a medieval longsword and slayed  
a ferocious dragon on my way home.*



*As a reward the King and Queen gave me  
a 38 bedroom castle on Dartmoor, which  
I bartered for a whole new pack of Tickler.*



*Cheddar so precious you won't want to waste a crumb.*





# olive NEEDS YOU

## 2011 READERS' ISSUE

We're planning an exciting special issue and want to feature your recipes, favourite restaurants and travel tips. Go to [bbcgoodfood.com/olive](http://bbcgoodfood.com/olive) to get involved



### eat in

What's **your signature dish**? Send us the recipe your friends all rave about and you could see it in our upcoming readers' special issue. It might even make the cover!

To take part, go to [bbcgoodfood.com/olive](http://bbcgoodfood.com/olive) by **18 April**

### eat out

Tell us about your home-town - the quirky deli, late-night bar or friendly food pub only a **clued-up local** like you knows about. Plus, we're on the hunt for 2011's best city restaurants: vote at [bbcgoodfood.com/olive](http://bbcgoodfood.com/olive)



### eat away

Have you made a **fantastic travel discovery** - the perfect Thai cookery course, New England clam shack or Viennese coffee house? Is there a recipe you picked up on holiday that you make when you wish you were back there? Share it with us at [bbcgoodfood.com/olive](http://bbcgoodfood.com/olive).

### PLUS!

Which **cookbook do you treasure** over all others? Whether it's the dog-eared book your gran gave you, or a brand-new discovery that's changed the way you cook, we want to hear about it.



Go to [bbcgoodfood.com/olive](http://bbcgoodfood.com/olive) by **18 April** to fill out our quick questionnaire.\*

\*If you're on our reader panel, you'll have received it automatically. To join, go to [bbcmagazineinsiders.com](http://bbcmagazineinsiders.com)





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THE FINAL TOUCH



# eat in

38 pages of recipes, from easy everyday dinners to smart dishes for entertaining

Edited by JANINE RATCLIFFE

**IN THIS ISSUE** \* John Torode's seasonal recipes for May **PAGE 34** \* Show-off British puddings **PAGE 41**  
\* Sauvignon blanc and goat's cheese **PAGE 47** \* Seven meals for £35 **PAGE 48** \* Easy French menu for four **PAGE 59**  
\* Six ideas for asparagus **PAGE 64** \* Quick afterwork suppers **PAGE 66** \* Cook two courses in an hour **PAGE 75**



Pies we like: comfort food with fewer calories **PAGE 55**





# John Torode's SEASONAL YEAR

The *MasterChef* judge creates brilliant recipes with the best of May's produce

Recipes JOHN TORODE Photographs GARETH MORGANS



Asparagus polonaise (recipe overleaf)







## Asparagus polonaise

25 minutes ■ Serves 4 ■ **EASY**

May is the best time to eat English asparagus – look for straight spears with a tight head and all about the same size so they take the same time to cook. This is a simple French way of serving it with nice contrasting textures.

**eggs** 2

**asparagus spears** 24

**butter** 50g

**thyme** 1 sprig, leaves removed

**fresh white breadcrumbs** 100g

**parsley** a handful, chopped

■ Drop the eggs into boiling water, cook for 8 minutes then plunge into cold water and leave until cooled. Peel. Lay the asparagus on a board and trim all to the same size.

■ To make the polonaise, melt the butter and as it foams, grind in some pepper and add the thyme. Then add the breadcrumbs – the idea is that the butter just starts to crisp the crumbs and make them golden.

■ Chop the boiled egg roughly and when the crumbs are colouring, add the egg and stir well, then leave to warm through. Add the chopped parsley then taste and season with a little salt if it needs it. Keep warm.

■ Bring a large pot of water to the boil, add some salt and then drop in the asparagus and cook for a few minutes until tender (I'm not a fan of crunchy asparagus because its true flavour is not released). Drain then tip into a clean tea towel to soak up the extra moisture. Put the asparagus on a large, warmed plate then spoon over the crumb mix. Serve hot or at room temperature.

■ **PER SERVING** 256 kcal, protein 101g, carbs 218g, fat 14.8g, sat fat 74g, fibre 2.7g, salt 0.82g

### MATCH ASPARAGUS WITH PINOT BLANC

Sauvignon blanc is the wine for plain asparagus; creamy pinot blanc when there's a buttery topping. Mas des Mas Zucco Vineyard Pinot Blanc 2010, France, 13.5% (£9.99, £7.99 each when you buy two until 2 May, Majestic), is a new wine from the South, with a lemon curd tang.



## Retro avocado with prawns in Bloody Mary mayo

20 minutes ■ Serves 4 ■ **EASY**

*This is one of those things that when done well is still brilliant, although I am well aware that too many prawn cocktails were done very badly in the past. The two main avocado varieties are Hass and Fuerte – it's the dark, rough-skinned Hass that are in season now.*

**vodka** 20ml

**horseradish** 1 tsp, freshly grated,

or 1 tsp **horseradish sauce**

**coriander** a small handful, chopped

**tomato ketchup** 2 tbsp

**Tabasco sauce**

**Worcestershire sauce**

**mayonnaise** 4 tbsp, good quality

**cooked and peeled prawns** 250g

**Hass avocados** 2, ripe

**lemon** 1, juiced

**paprika**

■ Mix the vodka with the horseradish, coriander, ketchup, a shake of Tabasco and Worcestershire sauce, a good grind of pepper and a good pinch of salt. Add the mayonnaise, mix well then add the prawns and mix again. Put in the fridge to keep cool.

■ Cut the avocados in half and pop out the stone. Sit on a plate with the hole sitting up and then pile the prawn mix in the middle. If you really want to go really 70s, serve with a wedge of lemon and a sprinkle of paprika.

■ **PER SERVING** 365 kcal, protein 16g, carbs 4.7g, fat 30.2g, sat fat 4.3g, fibre 3.2g, salt 1.68g

### MATCH SAUVIGNON BLANC WITH AVOCADO

Sanctuary Sauvignon Blanc Marlborough 2010, New Zealand, 13% (£6.99, Sainsbury's), from the world's first carbon neutral winery, is refreshing with an overlay of tropical fruits. Or take a tip from the vodka in the recipe and serve chilly shots: Blackwood's Cucumber Vodka, distilled in Scotland, 40% (70cl/£18.78, thedrinkshop.com).

## Spanakopita and tzatziki

50 minutes ■ Serves 4 as a starter

■ **EASY**

Spanakopita is a Greek savoury pastry with a filling of spinach and cheese, usually feta or ricotta, or both.

**filo pastry** 1 pack

**spinach** 150g

**butter**

**ricotta** 200g

**TZATZIKI**

**garlic** ½ clove

**lemon** ½, juiced

**ground cumin** a pinch

**ground coriander** a pinch

**cucumber** ½, peeled, seeds removed and shredded

**Greek yoghurt** 100ml

**parsley** a handful, chopped

■ To make the tzatziki, crush the garlic with a little sea salt and make a paste with a little of the lemon juice, toast the spices and mix into the garlic paste.

■ Mix the cucumber with the rest of the lemon juice and add the spices and garlic paste. Mix the whole lot together with the yoghurt and parsley, then add a little salt.

■ Wilt the spinach in a little butter, squeeze out any excess water and then chop and season well. Mix with the ricotta and then leave to cool completely.

■ Heat the oven to 200C/fan 180C/gas 6.

■ Lay the filo out and cut lengthways into strips about 8cm wide. Brush 2 of the strips with butter on one side then stick the buttered sides together.

■ Put a dessertspoon of the filling on one end of the filo strip. Fold one corner over to make a triangle then keep folding, continuing the triangle shape, until you get to the end of the strip.

■ Put on a baking tray and brush with butter. Repeat with the rest of the filo until all the filling has been used – you should make 12.

■ Chill for 10 minutes in the freezer, then bake for 15-18 minutes until crisp and golden. Serve with the tzatziki.

■ **PER SERVING** 376 kcal, protein 13.2g, carbs 37.4g, fat 20.4g, sat fat 11.7g, fibre 2.6g, salt 0.98g

### MATCH ASSYRTIKO WITH SPANAKOPITA AND TZATZIKI

Greece's brilliantly dry, crisp white grape variety works really well on the volcanic soils of Santorini. Assyrtiko Hatzidakis 2009, Santorini, 13.5% (£10.99, Waitrose), releases floral aromas and a vibrant crispness.

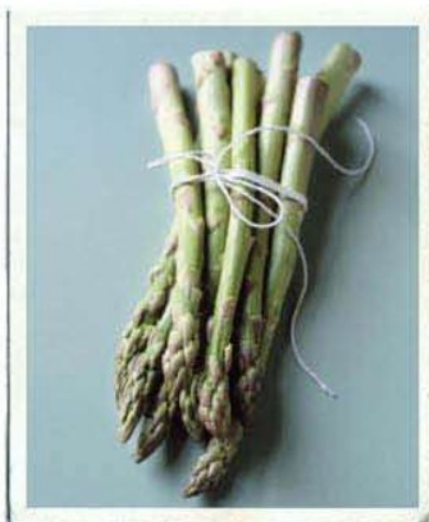




Spanakopita and tzatziki



## OTHER THINGS TO MAKE WITH...



### ASPARAGUS

#### Asparagus with butter, balsamic and capers

Steam the asparagus then toss with butter, balsamic vinegar and capers. Pile on toast and scatter with parmesan shavings.

#### Asparagus and prosciutto parcels

Wrap cooked asparagus spears and slices of mozzarella in slices of prosciutto to make parcels. Heat a little olive oil in a pan and fry the parcels until the prosciutto has crisped and the mozzarella oozes. Serve with salad, drizzled with an oil and vinegar dressing.



### HASS AVOCADOS

#### Guacamole

Mash chopped tomato with avocado, lime juice, chopped coriander, diced red onion and diced red chilli, then season.

#### Smoked salmon and avocado open sandwiches

Spread cream cheese over rye bread then add slices of avocado and smoked salmon. Sprinkle over snipped chives and serve with a squeeze of lemon.



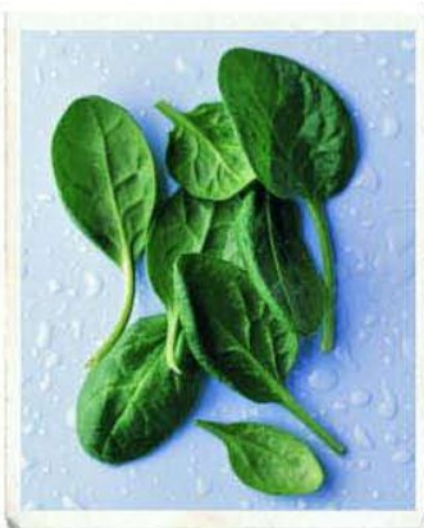
### REBLOCHON

#### Reblochon, beans and asparagus toast

Toss cooked broad beans with cooked asparagus, chopped shallots, olive oil and season. Rub slices of toast with garlic then spoon over the veg and top with reblochon. Sprinkle over thyme and grill until golden.

#### Mini-tartiflettes

Butter small baking dishes. Layer up cooked, sliced potatoes, crisp chopped bacon, cooked onions and diced reblochon, season. Pour over single cream, then bake until cooked.



### SPINACH

#### Spinach with pine nuts and garlic

Pour boiling water over spinach in a colander, allow to cool, then squeeze out the excess moisture. Heat a little oil in a pan, add pine nuts and cook until golden, then add some sliced garlic and fry briefly. Add the spinach and heated through. Season and serve.

#### Creamy polenta with spinach

Cook quick-cook polenta following pack instructions. When soft, stir in mascarpone and spinach. Leave until the spinach begins to wilt then stir again, season and serve.

## Tarte flambée with smoked bacon, crème fraîche and reblochon

45 minutes plus resting ■ Serves 4

### ■ A LITTLE EFFORT

*This dish originates from Alsace and has a thin bread base. Reblochon gives an extra rich dimension to the tart.*

**unbleached white bread flour** 250g,  
plus more for dusting

**fresh yeast** 1 tsp

**golden caster sugar** 1 tsp

**olive oil**

**TOPPING**

**crème fraîche** 6 tbsp

**red onion** 1/2, very thinly sliced

**smoked lardons** 200g, or use smoked

**streaky bacon**, cut into quite thick pieces

**reblochon** 100g, thinly sliced

■ Put 50g of the flour in a bowl with the yeast, sugar, 1 tbsp olive oil and 4 tbsp water. Mix and leave for 1 hour, until the mixture is bubbly and doubled in size.

■ Put in a food processor and, with the machine running, gradually add the remaining flour and 2 tsp salt. Add just enough water to make a soft but not sticky dough (about 2 tbsp). You can also do this by hand.

■ Heat the oven to 200C/fan 180C/gas 6. Roll the dough out thinly into a square or round about 30cm and put on a baking tray. Spread the dough with the crème fraîche, followed by the onions and bacon, making sure to go all the way to the edge with all the ingredients. Season well with black pepper.

■ Bake for 20 minutes, until the tart is golden and the base crisp. Top with the reblochon and pop back into the oven for 3 minutes until the cheese has melted.

■ PER SERVING 544 kcals, protein 20.5g, carbs 51.5g, fat 29.9g, sat fat 14.7g, fibre 2.2g, salt 4.65



### MATCH BEAUJOLAIS WITH TARTE FLAMBE

Beaujolais has the lively punchiness made to cut through baked cheese recipes. Tesco's Fleurie 2009, France, 13% (£8.49), is a smart buy with its violet and floral aromas, and silky dark fruit.



**JOHN TORODE PRESENTS BBC ONE'S *MASTERCHEF*. FOR DETAILS, SEE [BBC.CO.UK/FOOD](http://BBC.CO.UK/FOOD)**





Tarte flambé with smoked bacon, crème fraîche and reblochon





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# True Brit

Classic or kitsch but always show-stopping - **olive** celebrates the puddings that made us Great

Recipes JANINE RATCLIFFE Photographs PETER CASSIDY



Pimm's, lemon and mint jelly  
(recipe overleaf)



## Pimm's, lemon and mint jelly

15 minutes + chilling ■ Serves 6 ■ **EASY**

*The taste of the summer - in spectacular wobbly jelly form.*

**gelatine** 10 leaves  
**mint leaves** from a small bunch  
**Pimm's** 200ml  
**sparkling lemonade** 700ml  
**garnish** such as chopped **cucumber, mint leaves, strawberries, orange** and **lemon** slices to serve

■ Soak the gelatine in a bowl of cold water. Heat 100ml water in a pan, drop in the mint leaves and leave to infuse for 5 minutes. Take out the leaves, reheat, then stir in the gelatine until dissolved. Add the Pimm's and lemonade and cool. Skim off any remaining foam. Pour into a 1-litre jelly mould and chill overnight until set.

■ Turn out onto a plate and surround the jelly with the traditional Pimm's garnish.

■ **PER SERVING** 125 kcal, protein 8.5g, carbs 8.7g, fat 0g, sat fat 0g, fibre 0g, salt 0.13g

## Little lemon queen of puddings

45 minutes ■ Makes 4 ■ **EASY**

*If you want to really show off the layers, make these in small heatproof glasses.*

**brioche loaf** 100g after crusts cut off  
**milk** 400ml  
**butter**  
**golden caster sugar** 25g  
**eggs** 2, separated  
**caster sugar** 110g  
**lemon curd** 4 heaped tbsp

■ Heat the oven to 180C/fan 160C/gas 4. Cut the brioche into chunks then whizz to crumbs in a food processor. Put in a bowl. Heat the milk with a knob of butter and the golden caster sugar until the sugar dissolves. Pour over the brioche crumbs and mix. Cool.

■ Stir the egg yolks into the brioche mix then divide between 4 heatproof glasses, ramekins or dishes (approx 200-250ml). Bake for 20 minutes. Take out and leave while you make the meringue.

■ Whisk the egg whites to stiff peaks then

add a spoonful of caster sugar. Whisk again until stiff, add another spoonful of sugar and repeat until you've used all the sugar.

■ Divide the lemon curd between the ramekins then pipe an extravagant swirl of meringue on top using a star-shaped nozzle, or you can just pile it up with a spoon.

■ Put back in the oven and bake for 6-8 minutes until the meringue is tinged with pale gold colour.

■ **PER SERVING** 396 kcal, protein 9.4g, carbs 69.8g, fat 10.7g, sat fat 4.2g, fibre 0.8g, salt 0.56g

## Cherry Bakewell tart

1¼ hours + chilling

■ Serves 8 ■ **EASY**

*An exceedingly good tart - serve with a cup of builder's tea.*

**sweet pastry** 375g  
**butter** 100g, softened  
**golden caster sugar** 100g  
**eggs** 2 whole plus one yolk, beaten  
**ground almonds** 100g  
**almond extract** 1 tsp  
**self-raising flour** 50g  
**baking powder** 1 tsp  
**seedless raspberry jam** 5 tbsp, warmed in a pan  
**icing sugar** 175g  
**glacé cherries** halved, to decorate

■ Heat the oven to 180C/fan 160C/gas 4. Roll out the pastry to 20p coin thickness then use to line a long rectangular tart tin approx 35cm x 12cm, or a round tin approx 23cm. Line with baking paper then fill with baking beans. Chill in the fridge for 20 minutes. Bake for 15 minutes then take out the paper and beans and cook for another 5 minutes until sandy coloured and cooked. Take out of the oven.

■ Beat the butter and sugar together then gradually beat in the eggs. Mix in the ground almonds and almond extract. Sift the self-raising flour and baking powder and fold in.

■ Spread a thin layer of jam over the base of the pastry. Spoon over the almond mix then level out. Bake on a lower shelf for 30-40 minutes until set.

■ Mix the icing sugar with just enough water until it coats the back of a spoon (about 1 tbsp). Spread a layer of icing over the top of the tart, going right up to the pastry edge, then leave to set. Decorate with cherries.

■ **PER SERVING** 613 kcal, protein 7.9g, carbs 72.7g, fat 34.3g, sat fat 12.6g, fibre 2g, salt 0.75g







Cherry Bakewell tart





## Mocha toffee knickerbocker glory

20 minutes ■ Makes 4 ■ **EASY**

*You can mix and match the ice cream, sweets and nuts that go in this - just make sure you pile them high.*

**dark chocolate** 50g  
**golden syrup** 1 tbsp  
**double cream** 2 tbsp  
**vanilla ice cream** 4 scoops  
**coffee ice cream** 4 scoops  
**Carnation caramel or dulce de leche** 4 tbsp  
**Cadbury's Crunchie** 2 bars, chopped  
**double cream** 150ml, whipped  
**roasted pecans** 50g, chopped



■ Put the dark chocolate in a bowl with the golden syrup and double cream. Melt in short blasts in the microwave or over a pan of simmering water then cool.

■ Layer up 4 sundae glasses with the ice creams, caramel, chocolate sauce and crunchie bits. Finish with a big dollop of cream, some pecans and an extra drizzle of chocolate sauce.

■ *PER SERVING 710 kJ, protein 8.1g, carbs 53.1g, fat 53.2g, sat fat 26.7g, fibre 1g, salt 0.33g*

## Chocolate and bitter orange arctic roll

✱ 45 minutes + freezing ■ Serves 6

■ **A LITTLE EFFORT**

*This retro frozen dessert is back - just a little posher this time round.*

**dark chocolate ice cream** 1 x 500ml round tub  
**caster sugar** 100g  
**eggs** 4  
**flour** 100g  
**cocoa powder** 3 tbsp plus extra for decoration  
**Cointreau or Grand Marnier** 2-3 tbsp  
**bitter marmalade** 6 tbsp, warmed in a pan and sieved

■ Put 3 layers of clingfilm on top of each other. Tip the ice cream out of the tub on its side then wrap in the clingfilm. Quickly squish and mould the ice cream into a fat cylinder about 5-6cm in diameter then put back into the freezer.

■ Line a Swiss roll tin approx 23 x 32cm with baking parchment. Heat the oven to 190C/fan 170C/gas 5. Put the sugar and eggs into a bowl then whisk with electric beaters until pale and thick (it will take a little while). Take 3 tbsp flour from the full amount and replace with the cocoa. Sift flour and cocoa over the egg mix then gently fold in. Tip the mix into the tin, level out, and bake for 12 minutes.

■ Cover another sheet of baking parchment with a dusting of cocoa. Tip the sponge out

of the tin onto the cocoa, peel away the parchment and drizzle over the booze, loosely roll and leave until just lukewarm. Unroll and spread the marmalade over the Swiss roll. Take the ice cream cylinder from the freezer and remove the clingfilm. Wrap the sponge around the ice cream, trimming so you have a smooth join. Trim the ends off.  
 ■ Wrap in baking parchment and put back in the freezer for an hour or until you need to serve it. Leave out of the freezer for 10 minutes before slicing.

■ *PER SERVING 400 kJ, protein 9.6g, carbs 59.2g, fat 14.3g, sat fat 7.2g, fibre 2g, salt 0.29g*





Mocha toffee knickerbocker glory



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# Victoria's wine stars

## 7 Sauvignon blanc

CUT OUT  
& KEEP

Our wine writer continues her series on must-drink wines. Her no-nonsense guides are designed to help you build your own food and wine matching collection

Words and recipe VICTORIA MOORE

Taking a mouthful of sauvignon blanc feels like plunging and splashing barefoot into a cold stream. It's immediately invigorating and revitalising: you can almost feel that acidity rinsing your brain as the sharp taste of citrus and elderflower tingles across your mouth. The popularity of this grape owes much to the Loire, where sauvignon blanc is made in a grassy, crisp, mineral style that reaches its apogee in sibilant Sancerre and its neighbour Pouilly-Fumé. In Bordeaux, it's blended with sémillon and aged in wood to make a more vegetal, oaked wine. But almost half the sauvignon blanc we drink in Britain now comes from New Zealand, a relative newcomer to the sauvignon scene. The Marlborough region, on the northern tip of the South Island, was only planted with sauvignon blanc in the early 70s, but is now fêted for the very particular wine it makes – piercing, and tinged with the startling taste of gooseberry fool. Other upcoming sauvignon blanc regions include parts of South Africa such as Elgin and Durbanville. Meanwhile, in new coastal vineyards in Chile, sauvignon blanc vines – cooled by breezes from the Pacific – make wines that smell of green tomatoes and cut through your mouth like cold water on a hot day; sauvignon blanc is the ultimate 'glass from the fridge at the end of a long day' wine. It's also very good with asparagus and salads containing pea shoots or goat's cheese. It is sometimes said to smell of cat pee, which sounds wretched but is not a figment of the imagination. According to scientists, the aromatic culprit is a sulphur compound also found in blackcurrants, gooseberries and, yes, cat pee.

### THREE MORE TO TRY



**Iona Sauvignon Blanc 2010, South Africa, 13.5%** (£12.49, Majestic; £10.49, Waitrose)  
About an hour's drive from Cape Town, Elgin is one of South Africa's cooler-climate grape-growing areas and produces one of the country's best sauvignon blancs. The 2010 is better than ever; it smells of nettles, tastes of white peaches and has a brightness that makes you want to keep drinking.



**Blind River Sauvignon Blanc 2010, Marlborough, New Zealand, 13.5%** (£13.99, Oddbins)  
With passion fruit and gooseberry flavours, this embodies the vivid pungency so typical of Marlborough sauvignon. 10% of the wine was fermented in French oak; you won't taste the wood but you'll notice the texture, body and power that it adds to this classy wine.



**Touraine Sauvignon Domaine de la Bergerie Jacky Marteau 2009, France, 12%** (£7.50, Adnams)  
All that is good about Loire sauvignon blanc is in this wine, from a family-owned and run vineyard. It is crisp, fresh as a green leaf or a blade of dark green grass, and has a mineral undertow like a handful of stream-smoothed pebbles. A very good one for asparagus.

### MATCH OF THE MONTH

#### Goat's cheese salad

15 minutes ■ Serves 2 ■ EASY

*Crottin de Chavignol, a small, cylindrical goat's cheese, is made in the Loire Valley and is a classic accompaniment to Sancerre. If you use a different goat's cheese, the cooking time may vary.*

#### crottin de Chavignol 2

butter 30g

olive oil 2 tsp

baguette 8 slices

salad leaves 4 handfuls (about 100g)

#### DRESSING

Dijon mustard 1 tsp

olive oil 4 tbsp

white wine vinegar 1 tbsp

lemon juice ½ tsp

■ Make the dressing by whisking all the ingredients with ½ tbsp water and a pinch of salt. Cut the cheeses in half and put in a 120C/fan 100C/gas ¼ oven for 5-6 minutes until soft but holding their shape.

■ Meanwhile, heat the butter and oil in a pan and fry the bread slices until golden on each side. Put four slices to one side. Remove the cheese from the oven, and put a piece on each of the remaining slices. Grill until the cheese is bubbly. Arrange the salad on two



plates - each with two plain toasts and two with cheese. Drizzle with dressing and serve.

■ PER SERVING 676 kcal, protein 16.3g, carbs 24.8g, fat 58g, sat fat 21.4g, fibre 1.4g, salt 2.1g



**Alphonse Mellot Sancerre La Moussière Blanc 2009, France, 13%,** (£15.99, Sainsbury's selected stores)

On the left bank of the Loire, across the river from Pouilly-Fumé, Sancerre produces sauvignon blanc in a keen-edged, mineral style. This is immense and complex; it makes me think of a broad and fast-flowing river, with undercurrents and eddies, rushing through green meadows in spring.

Victoria Moore writes for the *Telegraph* and is author of *How to Drink* (Granta, £12.99\*)

8

NEXT MONTH  
NERO D'AVOLA



# 7 meals for £35

**olive** food editor Janine Ratcliffe makes a week's worth of £5 suppers for two

Recipes JANINE RATCLIFFE Photographs DAVID MUNN



## INGREDIENTS CHECKLIST

### SHOPPING BASKET

- ☐ spring onions 8
- ☐ onions 2½
- ☐ shallot 1
- ☐ avocado 1 small
- ☐ carrots 2
- ☐ courgettes 2 medium
- ☐ white cabbage ¼, about 200g
- ☐ green pepper 1 small
- ☐ green beans 200g
- ☐ floury potatoes 1kg
- ☐ cherry tomatoes 100g
- ☐ tomatoes 4
- ☐ cucumber ¼
- ☐ watercress 50g
- ☐ spinach 200g
- ☐ lemon 2½
- ☐ lime 1
- ☐ red chillies 2
- ☐ sage a few leaves
- ☐ mint ½ a small bunch
- ☐ parsley 1 bunch
- ☐ oregano ½ bunch
- ☐ coriander ½ a bunch
- ☐ smoked haddock 250g (look for sustainably caught)
- ☐ chicken thighs on the bone 4
- ☐ lamb neck fillets 350g
- ☐ ham hock 1 x 90g pack
- ☐ eggs 3
- ☐ natural yoghurt
- ☐ feta 100g

- ☐ parmesan 50g
- ☐ chopped tomatoes 1 x 400g tin
- ☐ Jamaican jerk paste 2 tbsp
- ☐ roasted peanuts 2 tbsp
- ☐ penne 200g
- ☐ frozen edamame (soy) beans 100g
- ☐ frozen peas 100g

### STORECUPBOARD

- ☐ milk
- ☐ butter
- ☐ garam masala
- ☐ ground cumin
- ☐ ground cinnamon
- ☐ chilli flakes
- ☐ wholegrain mustard
- ☐ garlic
- ☐ red lentils
- ☐ quinoa
- ☐ olive oil
- ☐ Dijon mustard
- ☐ breadcrumbs
- ☐ golden caster sugar
- ☐ sherry or red wine vinegar
- ☐ groundnut oil
- ☐ chicken stock
- ☐ vegetable stock

**£33.89**  
TOTAL FOR 7 MEALS\*

### MONDAY

#### Indian spiced tomato soup

❄️ 30 minutes ■ Serves 2 ■ **EASY**

*An almost entirely storecupboard soup.*

onion 1, roughly chopped  
garam masala 2 tsp  
chilli flakes a pinch  
red lentils 2 tbsp  
chopped tomatoes 1 x 400g tin  
vegetable stock 500ml  
coriander ½ a bunch, chopped  
natural yoghurt to serve (optional)

■ Put all the ingredients (except the coriander and yoghurt) in a pan, bring to a simmer and cook for 20 minutes until the lentils are soft. Add the coriander and cook for a minute. Use a stick blender to roughly whizz together. Stir in a little natural yoghurt to serve if you like.

■ PER SERVING 130 kcals, protein 75g, carbs 21.3g, fat 2.2g, sat fat 0.1g, fibre 3.8g, salt 2.82g



### TUESDAY

#### Jerk-spiced chicken with crunchy peanut slaw

1 hour ■ Serves 2 ■ **EASY**

*Whole skin-on thighs are easier to find and cheaper than skinless - remove it yourself and cook on the bone for a better flavour.*

whole chicken thighs 4, skin removed  
Jamaican jerk paste 2 tbsp  
PEANUT SLAW  
white cabbage ¼, about 200g, shredded  
red onion ½ small, finely sliced  
lime 1, juiced  
golden caster sugar 1 tsp  
green pepper 1 small, diced  
red chilli 1, finely chopped  
roasted peanuts 2 tbsp, roughly chopped

■ Heat the oven to 200C/fan 180C/gas 6. Put the cabbage, onion, lime juice and sugar in a bowl with a large pinch of salt and toss. Rub the paste into the chicken. Cook for 45 minutes, turning every 10-15 minutes until the chicken is glazed and cooked through.

■ Toss the rest of the ingredients into the slaw and serve with the chicken.

■ PER SERVING 370 kcals, protein 45g, carbs 19.3g, fat 13.1g, sat fat 3.3g, fibre 3.7g, salt 0.96g

\*To see how we work out our recipe costs, turn to page 124.





Jerk-spiced chicken with crunchy peanut slaw



## WEDNESDAY

### Warm green bean and ham hock salad

10 minutes ■ Serves 2 ■ **EASY**

Ham hock is a brilliant traditional cheap cut but needs long cooking. Waitrose are now selling British cooked and pulled ham hocks in handy double packs.

CHEAT'S  
CHOICE

**Dijon mustard** 1 tsp  
**sherry or red wine vinegar** 2 tbsp  
**olive oil**  
**shallot** 1, finely chopped  
**green beans** 200g  
**ham hock** 1 x 90g pack (available on Ocado)  
**cherry tomatoes** 100g, halved  
**watercress** 50g

■ Whisk together the Dijon, vinegar and 2 tbsp olive oil with the shallots and season. Cook the green beans until just tender but still bright green. Drain really well then toss with the dressing.

■ Tip into a bowl, add the rest of the ingredients then toss everything together.

■ *PER SERVING* 204 kcals, protein 13.6g, carbs 5.3g, fat 14.4g, sat fat 2.4g, fibre 3.1g, salt 1.21g

## THURSDAY

### Quinoa supergreen salad

20 minutes ■ Serves 2 ■ **EASY**

Supermarkets now sell bags of frozen edamame (soy) beans - find them next to the frozen peas.

**quinoa** 50g  
**spring onions** 4, finely chopped  
**avocado** 1 small, diced  
**lemon** 1, juiced  
**ground cumin** 1 tsp  
**frozen edamame (soy) beans** 100g  
**frozen peas** 100g  
**mint** 1/2 a small bunch, chopped  
**parsley** 1/2 a small bunch, chopped  
**cucumber** 1/4, diced  
**olive oil**

■ Cook the quinoa following pack instructions, drain and rinse under cold water, then drain completely.

■ Put the onion and avocado in a bowl with the lemon juice and cumin. Season with salt.

■ Blanch the edamame and peas for 2 minutes, drain and rinse. Add to the bowl.

■ Tip in the rest of the ingredients with the quinoa. Toss everything together.

■ *PER SERVING* 387 kcals, protein 14.4g, carbs 28.2g, fat 24.8g, sat fat 4.2g, fibre 7.2g, salt 0.11g



## FRIDAY

### Penne with courgette, chilli and sage

20 minutes ■ Serves 2 ■ **EASY**

British courgettes should be plentiful and cheap this month.

**penne** 200g  
**olive oil**  
**garlic** 1 clove, crushed  
**red chilli** 1, chopped  
**courgettes** 2 medium, halved lengthways then sliced on the diagonal  
**sage** a handful of leaves, shredded  
**parmesan** 50g, finely grated, plus extra to serve

■ Cook the penne following pack instructions. Heat 3 tbsp olive oil in a large wide pan and gently cook the garlic and chilli. Add the courgettes and cook for about 10 minutes until softened and starting to go golden. Add the sage and cook for a minute. Drain the pasta reserving a small cup of the cooking water. Tip the pasta into the courgette pan with the parmesan and 3 tbsp cooking water. Toss everything together and serve with extra cheese if you like.

■ *PER SERVING* 635 kcals, protein 24.1g, carbs 79.9g, fat 26.6g, sat fat 7.4g, fibre 4.5g, salt 0.51g







Penne with courgette, chilli and sage



## SATURDAY Smoked haddock fishcakes with spinach and poached egg

1 hour ■ Serves 2 ■ EASY

For rich yellow yolks, look for British rare-breed hens like Clarence Court Burford Brown.

**whole milk** 250ml  
**spring onions** 4, finely chopped  
**smoked haddock** 250g (look for sustainably caught)  
**floury potatoes** 300g, peeled and chopped into large chunks  
**butter**  
**egg** 1, beaten  
**dried breadcrumbs** 6 heaped tbsp  
**oil** for cooking  
**spinach** 200g  
**whole grain mustard** 2 tsp  
**eggs** 2 poached, to serve

■ Heat the milk and spring onions in a wide shallow pan with a lid. When it comes to a simmer add the fish, put on a lid, turn down to a simmer and leave for a minute. Turn off the heat and leave for 5 minutes. Scoop out the fish and onions then flake the fish.

■ Put the potatoes in a pan of cold, salted water. Bring to a simmer then cook for 10-15 minutes until tender. Drain well then tip back in the pan. Mash with a large knob of butter and 2 tbsp of the milk. Cool, until just warm then mix through the fish and onions.

■ Form into 4 cakes. Put the egg and the breadcrumbs on two plates. Dip the cakes in egg, then breadcrumbs. Chill for 20 minutes.

■ Heat some oil in a frying pan then cook the cakes for 4-5 minutes each side until golden. Put the spinach in a pan with a knob of butter and wilt then add the mustard.

■ Put spinach on a plate, top with the fishcakes then a poached egg. Spoon over any butter from the spinach pan.

■ **PER SERVING** 726 kJ, protein 75g, carbs 21.3g, fat 2.2g, sat fat 0.1g, fibre 3.8g, salt 2.82g



## SUNDAY

### \*Lamb kleftiko with lemon roast potatoes

2 hours 15 minutes ■ Serves 2 ■ EASY

*Lamb neck is an unusual cut that can be either slow-cooked to melting tenderness or griddled and served slightly pink.*

**onion** 1 small, halved and sliced  
**carrots** 2, diced  
**lemon** 1, juiced  
**lamb neck fillets** 350g, cut into small chunks  
**ground cinnamon** ½ tsp  
**oregano** ½ small bunch, plus a little to finish  
**garlic** 2 cloves, bashed  
**tomatoes** 4, roughly chopped  
**chicken stock** 200ml  
**feta** 100g, crumbled  
**LEMON ROAST POTATOES**  
**potatoes** 700g, peeled and cut into small chunks  
**groundnut oil**  
**lemon** ½, zested  
**Maldon salt**

■ Heat the oven to 180C/fan 160C/gas 4. Put the first 9 ingredients in a small casserole with a lid. Toss everything then season well. Put a double sheet of foil between the pot and lid then put the lid on and scrunch the foil around the pot to make an airtight seal. Cook for 1½ hours.

■ Meanwhile cook the potatoes in boiling salty water until just tender then drain well.

■ After 1½ hours turn up the heat to 200C/fan 180C/gas 6 and take off the lid and foil. Put a shallow roasting tin in the oven with 2 tbsp oil for 5 minutes to heat up. Add the potatoes and toss in the hot oil. Keep cooking the lamb and potatoes for another 30 minutes until the potatoes are golden and crisp (take out the lamb after 30 minutes and keep cooking the potatoes if needed). To finish, sprinkle the lamb with the feta and a little more oregano. Toss the crispy potatoes with the lemon zest and sea salt and serve with the lamb.

■ **PER SERVING** 978 kJ, protein 50.1g, carbs 77.6g, fat 54g, sat fat 24.2g, fibre 8.9g, salt 3.14g





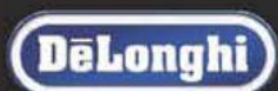


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Chicken and ham pie

# Lighter pies

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Recipes JUSTINE PATTISON Photographs PETER CASSIDY

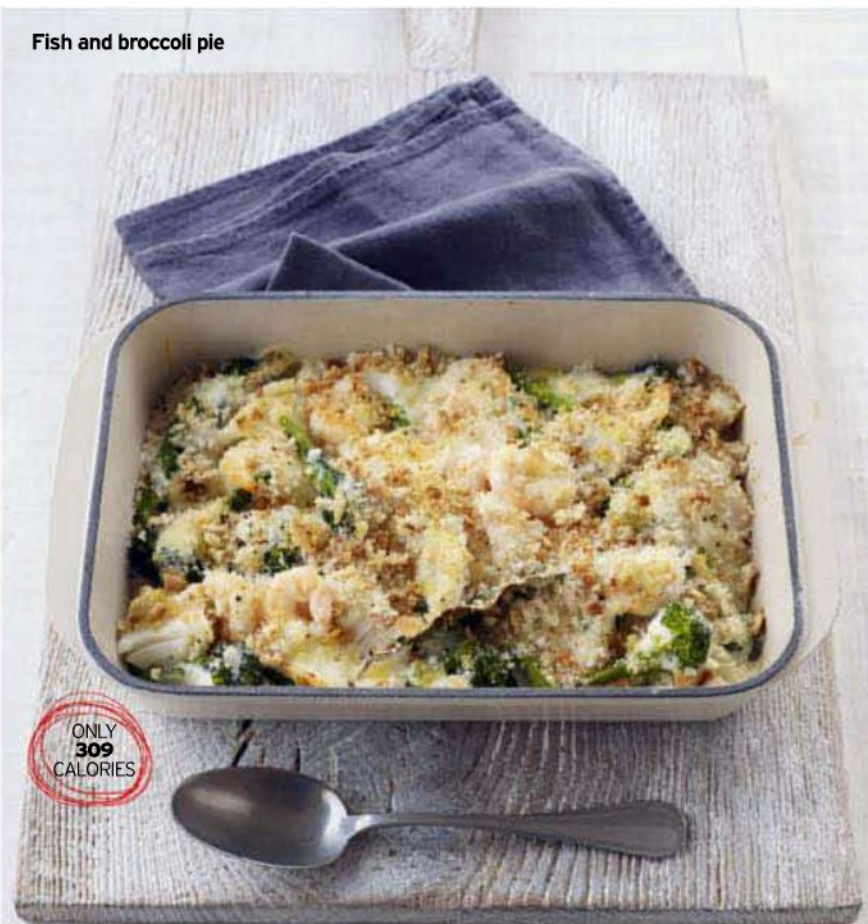
Moroccan lamb pie with a couscous crust

ONLY  
308  
CALORIES



Fish and broccoli pie

ONLY  
309  
CALORIES





## Chicken and ham pie

1 hour 15 minutes ■ Serves 6 ■ **EASY**

**WHY IT'S LIGHTER** The sauce is stock-based and just finished with a little cream. Skinless chicken breasts, lean ham and filo pastry keep the fat low.

**shallot** 1 medium, finely chopped  
**garlic** 1 clove, crushed  
**butter** 25g  
**plain flour** 25g  
**chicken stock** 200ml  
**white wine** 100ml  
**single cream** 4 tbsp  
**mild olive oil spray** approx 1 tsp  
**filo pastry** 4 large sheets (about 125g)  
**thick-sliced lean smoked ham** 200g, cut into chunks  
**cooked skinless chicken or turkey breast** 400g, cut into chunks

■ Cook the shallot and garlic in a pan in butter until soft. Add the flour, cook briefly then add the stock and wine. Simmer for 3 minutes, stirring until thick and whisking out any lumps. Remove from the heat and add cream. Heat the oven to 220C/fan 200C/gas 7.

■ Put a 23 cm springform tin on a baking tray and spray with oil. Put a sheet of filo into the tin, pressing to the base and sides. Leave the excess to overhang. Spray with oil and then add a sheet at an angle to the first. Continue until the whole tin is lined.

■ Stir the meat into the sauce. Season. Spoon into the tin and cover with the overhanging pastry. Spray with oil and bake for 25 minutes.

■ **PER SERVING** 268 kcals, protein 28.8g, carbs 15.5g, fat 10g, sat fat 4.7g, fibre 0.6g, salt 1.59g

## Gardener's pie

1 hour 10 minutes ■ Serves 6 ■ **EASY**

**WHY IT'S LIGHTER** Using vegetables instead of lamb reduces the saturated fat content. Lentils add fibre to help you feel fuller for longer.

**sunflower oil**  
**shallots** 2 medium, chopped  
**celery** 3 sticks, trimmed and sliced  
**carrots** 2 large, peeled and diced  
**parsnips** 2 large, peeled and diced  
**garlic** 2 cloves, thinly sliced  
**puy lentils** 150g, rinsed and drained  
**vegetable stock** 1 litre, hot  
**tomato purée** 2 tbsp  
**bay leaf** 1  
**Maris Piper potatoes** 500g, peeled and cut into chunks  
**butter** 15g  
**plain flour** 2 tsp

■ Heat 1 tbsp oil in a pan and fry the veg for 8-12 minutes until brown. Add the garlic and cook for a minute. Stir in the lentils, stock, purée and bay and bring to the boil. Simmer for 20-25 minutes until tender.

■ Cover the potatoes with cold water in a pan. Cook for 10 minutes or until tender. Drain then add butter and seasoning. Mash until smooth.

■ Heat the grill. Sprinkle flour over the lentil mixture and stir in. Cook for 2 minutes until thickened, then spoon into a warmed heatproof pie dish. Top with the mash then grill for 4-5 minutes until golden.

■ **PER SERVING** 241 kcals, protein 9.7g, carbs 39.6g, fat 6g, sat fat 1.6g, fibre 7.4g, salt 1.86g

## Fish and broccoli pie

1 hour 10 minutes ■ Serves 4 ■ **EASY**

**WHY IT'S LIGHTER** Smoked haddock adds lots of flavour but little fat. Avoiding fillings like salmon and eggs keeps calories and fat low.

**skinless smoked haddock fillet** 300g  
**skinless cod or white fish fillet** 300g (look for sustainably caught)  
**bay leaves** 2 small  
**onion** 1 small, quartered  
**semi-skimmed milk** 475ml  
**purple sprouting or tenderstem broccoli** 175g, trimmed  
**fresh white breadcrumbs** 25g  
**Grana Padano or parmesan** 15g, finely grated  
**cornflour** 3 tbsp  
**cooked peeled king prawns** 200g

■ Put the fish, bay and onion in a frying pan and pour over the milk. Bring to a simmer, cover and cook for 2 minutes. Stand for 10 minutes.

■ Heat the oven to 200C/fan 180C/gas 6. Cut the broccoli into 4cm pieces. Blanch, rinse and drain. Mix the breadcrumbs and cheese.

■ Drain the fish over a bowl and add the milk back to the pan. Mix the cornflour with 3 tbsp water. Stir into the milk, whisking on a low heat until thick. Take off the heat and season.

■ Discard the onion and bay and add the fish to the sauce. Stir in the broccoli and prawns. Tip into an ovenproof dish. Sprinkle with the breadcrumbs and bake for 20-25 minutes or until golden brown.

■ **PER SERVING** 309 kcals, protein 47.2g, carbs 19.6g, fat 5.2g, sat fat 2.2g, fibre 1.9g, salt 2.79g

## Moroccan lamb with couscous crust

2 hours 10 minutes ■ Serves 6 ■ **EASY**

**WHY IT'S LIGHTER** This uses lean lamb leg meat and skips browning in oil, which adds fat. The couscous also makes a lighter crust.

**lean lamb leg meat** 600g, trimmed and cut into 3cm chunks  
**onion** 1 large, cut into wedges  
**garlic** 2 cloves, finely chopped  
**ground cumin** 1 tsp  
**ground coriander** 1 tsp  
**hot chilli powder** ½ tsp  
**cinnamon stick** 1  
**no-soak apricots** 12, quartered  
**clear honey** 2 tbsp  
**chickpeas** 1 x 400g tin, drained  
**chopped tomatoes** 1 x 400g tin  
**couscous** 125g  
**unwaxed lemon** ½, finely grated zest  
**fresh coriander** small handful roughly chopped

■ Heat the oven to 190C/fan 170C/gas 5. Put the first 10 ingredients in a casserole. Season, add the tomatoes and 400ml water. Bring to the boil, cover and cook for in the oven for 1½ hours until the lamb is tender. Turn the oven up to 220C/fan 200C/gas 7.

■ Put the couscous in a bowl, stir in the zest and 150ml boiling water. Stand for 2 minutes, fork through, then stir in the coriander. Spoon over the lamb and cook uncovered for 15 minutes, until browned.

■ **PER SERVING** 308 kcals, protein 26.3g, carbs 30.2g, fat 9.9g, sat fat 4g, fibre 3.6g, salt 0.51g



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# French prep

A gorgeously Gallic make-ahead menu from the head chef of Bar Battu

Recipes SYDNEY ALDRIDGE Photographs GARETH MORGANS

## MENU FOR FOUR

\* Leek and fourme  
d'Ambert tart

\* Roast chicken with braised  
chicory and tarragon sauce

\* Pommes boulangère

\* Rum babas with  
Chantilly cream

Leek and fourme d'Ambert tart (recipe on page 62)



**‘The perfect menu has much of the prep done in advance. Whole joints of meat or roasts are always popular and add a wow factor when brought to the table. Use robust flavours that don’t require much fussing: let the food and ingredients work for you.’**







Roast chicken with braised  
chicory and tarragon sauce, and  
pommes boulangère





**Sydney Aldridge is the head chef of relaxed wine bar Bar Battu in London's Square Mile, which serves charcuterie and small plates to share as well as hearty French dishes. The wine list focuses on natural - mainly biodynamic and organic - wines. (barbattu.com)**

## Leek and fourme d'Ambert tart

50 minutes ■ Serves 4 ■ **EASY**

*Fourme d'Ambert is a French cow's milk blue cheese from the Auvergne region. Look for it in good cheese shops or buy online at natoora.co.uk. Any mild, creamy blue would work well.*

**shortcrust pastry** 500g  
**butter** 25g  
**leeks** 600g, trimmed, washed and finely sliced  
**fourme d'Ambert** 80g, grated  
**eggs** 2  
**double cream** 100ml  
**flat-leaf parsley** finely chopped to make 1 tbsp  
**salad leaves** to serve

■ Heat the oven to 190C/fan 170C/gas 5. Roll out the pastry on a lightly floured surface and line 4 deep tart tins approx 10cm, cover with baking parchment and baking beans then blind bake for 15 minutes. Remove the beans and paper and cook for 5 minutes more until cooked and pale golden. Remove and turn down oven to 150C/fan 130C/gas 2. ■ Heat the butter in a medium frying pan and cook the leeks until soft. Season. Mix the cheese, eggs and cream, then season and stir in the parsley. ■ Tip the leeks into the pastry cases and pour over the egg mixture. Cook for 20 minutes, until set, but still with a slight wobble in the centre. Serve warm with salad.

■ *PER SERVING 890 kcals, protein 17.2g, carbs 63.4g, fat 64.8g, sat fat 29.1g, fibre 5.7g, salt 1.82g*

## Roast chicken with braised chicory and tarragon sauce

1 hour 30 minutes ■ Serves 4 ■ **EASY**

*I like to serve this with green veg - try green beans tossed with finely chopped shallots.*

**tarragon** 1 bunch, leaves chopped and stalks left whole  
**salted butter** 200g, softened  
**lemons** 2, 1 whole, 1 zested and juiced  
**chicken** 1 large free-range, approx 1.5-1.8kg  
**leeks** 200g, trimmed, washed and roughly chopped  
**vegetable oil**  
**thyme** 1 bunch  
**shallots** 100g, sliced  
**white wine** 150ml  
**chicken stock** 1 litre  
**BRAISED CHICORY**  
**salted butter** 50g  
**golden caster sugar** 100g  
**yellow chicory** 2, halved lengthways  
**orange** ½, juiced  
**chicken stock** 500ml

■ Mix most of the tarragon leaves with 200g (less 1 tbsp) of butter, lemon juice and zest and some sea salt and black pepper. Loosen the skin over the breast by pushing your hand carefully between the skin and flesh. Stuff the gap you make with the tarragon butter; smooth the skin back over.

■ Heat oven to 220C/fan 200C/gas 7. Put the chicken in a roasting tray on top of the leeks, and season with salt, pepper and vegetable oil. Stuff the carcass with the whole lemon and ½ the bunch of thyme. Cook in the oven for 10-15 minutes, then turn the oven down to 200C/fan 180C/gas 6 and cook for a further 45 minutes. If the juices run clear it is cooked; if not, continue to cook, checking every 15 minutes, until they do.

■ While the chicken cooks, make the chicory. Heat the butter and sugar in a pan until melted, then add the chicory and cook until caramelised. Pour in the orange juice and chicken stock and bubble for a few minutes. Transfer to the oven and cook for 10 minutes.

■ Remove the chicken from the roasting tray. Allow to rest, then drain off any excess oil from the roasting tray. Add the shallots, and tarragon stalks to the tray and cook till the shallots are soft. Pour in the wine and stock; simmer until reduced and syrupy.

■ Pass the sauce through a fine sieve. Add the remaining tarragon and whisk in 1 tbsp butter. Serve the chicken on an oval plate, with the chicory, and the sauce alongside.

■ *PER SERVING 990 kcals, protein 50.5g, carbs 34.2g, fat 72g, sat fat 35.7g, fibre 2.2g, salt 4.23g*

## Pommes boulangère

1 hour ■ Serves 4 ■ **EASY**

**unsalted butter** 50g  
**garlic** 2 cloves, finely chopped  
**onions** 2, finely sliced  
**Maris Piper potatoes** 4 large, peeled and thinly sliced  
**thyme** 20g, leaves only, chopped  
**chicken stock** 100ml

■ Heat the oven to 200C/fan 180C/gas 6. Butter a large ovenproof dish and sprinkle with some of the chopped garlic and onion. Layer up the sliced potato, onion, garlic and thyme, seasoning each layer as you go. Continue until the dish is ¾ full, then pour the chicken stock over the mix.

■ Put 4 or 5 knobs of butter over the top and bake in the oven for 30-40 minutes or until the potatoes are tender and browned on top. Serve with the tarragon chicken.

■ *PER SERVING 270 kcals, protein 5.1g, carbs 40.4g, fat 11g, sat fat 6.5g, fibre 3.6g, salt 0.23g*

## BRILLIANT WINE MATCHES

■ At Bar Battu, we'd suggest a glass of **Domaine Breton Vouvray La Dilettante, Loire, France** with the starter. This **chenin blanc** has high-toned white fruit notes that meld with honeycomb and goat's milk wrapped in a loving shroud of sweet blossom. Vouvray seems to be the best choice as fourme d'Ambert is injected with sweet vouvray during the maturation.

■ Roast chicken and a bottle of light and elegant **Domaine Montanet-Thoden Bourgogne Rouge 2009, Burgundy, France** is a match made in heaven.

This pretty **pinot noir** has aromas of redcurrants with cool cherrystone fruit that will complement this dish.

■ The uniqueness of the rum baba makes it difficult to match with a sweet wine, but not impossible. **Coteaux du Layon**, from the Loire Valley, has an incredible texture and a honey finish, which would make an interesting match to this classic dessert. Or have a shot of **rum**.



## Rum babas with Chantilly cream

40 minutes + proving

❄️ ■ Serves 8 ■ A LITTLE EFFORT

*It's difficult to make this dough in a small quantity so this recipe makes enough for 8 babas. Serve 4 for your dinner party and store the rest in the freezer; freeze after baking but before soaking in the syrup.*

**plain flour** 120g, plus extra for the dariole moulds

**golden caster sugar** 10g

**salt**

**milk** 30ml

**fresh yeast** 10g

**egg** 1

**butter** 30g, melted and cooled, plus extra for the moulds

**sultanas** 30g

**SYRUP**

**golden caster sugar** 250g

**dark rum** 2-3 tbsp

**sultanas** 60g

**CHANTILLY CREAM**

**double cream** 125ml

**golden caster sugar** 20g

**vanilla essence** 1tsp

■ Mix the flour, sugar and a pinch of salt in a medium bowl. Combine the milk and the yeast in a small bowl to make into a smooth paste. Add the egg and yeast paste to the dry ingredients, mix to a smooth dough, then add the butter slowly until the mix is smooth and shiny. Lastly add the sultanas. Leave to stand at room temperature for 10 minutes.

■ Heat the oven to 200C/fan 180C/gas 6. Turn the dough onto a flour-dusted worktop and divide into 40g pieces. Butter and flour 8 small metal dariole moulds (or small metal pudding moulds) then put 1 piece in each mould. Leave to prove again until double the size, about 30 minutes in a warm place. Bake for 15 minutes, turn out then leave to cool.

■ For the syrup, mix the sugar and 250ml water and bring it to the boil in a large pan. Reduce it by about half, then add the rum.

Let the syrup cool slightly. Put the sultanas in a bowl with a few tbsp of syrup and leave to soak for 10 minutes. Add each baba to the remainder of the syrup and leave until soaked and heavy. Remove the babas and put on a rack so any excess syrup falls off.

■ To make the Chantilly cream, whisk the cream, sugar and essence. Serve each baba with soaked sultanas, any remaining syrup and Chantilly cream on the side.

■ *PER SERVING 375 kJ, protein 3.3g, carbs 58g, fat 15.1g, sat fat 8.5g, fibre 0.7g, salt 0.36g*





# menuspy Asparagus

Restaurant menus are a great source of inspiration – here's how chefs are cooking asparagus, plus six **olive** recipes for you to try at home

Words and recipes SARAH COOK Photograph GARETH MORGANS

## THE WHITE SWAN INN

(white-swan.co.uk)

The sandy soil around York makes this perfect asparagus growing territory as it helps the spears stay slim and long. Head chef Darren Clemmitt grills and seasons them to serve with poached sea trout, chervil mayo and minted Yorkshire potatoes. We trust his judgement – this'll be his 22nd asparagus season in charge of the kitchens here.

### TRY OUR VERSION

#### ASPARAGUS WITH CHERVIL MAYO

Serves 2 ■ Allow about 6-8 trimmed **asparagus spears** per person for a starter size, and skewer the tops and bottoms together with 2 long metal skewers. Brush all over with 2 tbsp melted **butter** mixed with 1 tbsp **olive oil**, then season and grill, turning for 3-5 minutes until slightly charred and tender. Brush with any leftover butter, slide off the skewers and serve with 100ml **mayonnaise** mixed with the zest of 1 **lemon**, a good squeeze of the juice, 2 tbsp chopped **chervil** and some freshly ground **black pepper**.

## THE OLIVE BRANCH PUB

(theolivebranchpub.com)

Locally grown asparagus is used in Chef Sean Hope's asparagus and Fivemiletown goat's cheese risotto. Pop in during May and not only can you tuck into this dish, you can head straight to his supplier's pick-your-own farm afterwards to grab a handful of the stuff yourself.

### TRY OUR VERSION

#### ASPARAGUS RISOTTO

Serves 4 ■ Snap the woody ends from 400g **asparagus spears** and throw into a pan of boiling water; after 2 minutes add the tip ends and cook for another 1-2 minutes until the tips are tender. Drain then whizz the woody ends in a blender to a purée. Soften 1 chopped **onion** in 50g **butter** and 2 tbsp **olive**

### BUY THE BEST

The more local the asparagus, the fresher, and therefore the more delicious, it will be. Tips should be perky, and stalks firm, and if you can find any really young, slender 'Sprue' asparagus at markets, it's well worth the extra cost. Eat as much as you can from May to July.

**oil**. Add 350g **risotto rice** for a few minutes, then stir in 1.3 lt hot **chicken** or **veg stock**, a ladleful at a time, letting the stock completely absorb each time before adding more. When the rice is tender and just about all the stock is used, stir in the asparagus purée, tips and 75g grated **parmesan** with some seasoning.

## THE HAND AND FLOWERS

(thehandandflowers.co.uk)

Tom Kerridge cooks asparagus very simply at his Michelin-starred pub in Marlow – blanching in salted water, then tossing with butter – but he does have a few tricks up his sleeve. Try his asparagus with fried duck egg, brioche croutons, morel mushrooms and rapeseed vinaigrette.

### TRY OUR VERSION

**ASPARAGUS WITH FRIED EGG AND BRIOCHE** Serves 2 ■ Drizzle 12 trimmed **asparagus spears** with 1 tbsp **olive oil**, 1 tbsp **melted butter** and seasoning in a small roasting tin. Roast at 200C/fan 180C/gas 6 for 15 minutes until tender. Whizz 1 slice **stale brioche** into crumbs, toss with 1 tbsp **olive oil**, 1 tbsp finely grated **parmesan** and seasoning, then toast in the oven alongside the asparagus for 10-15 minutes, stirring, until golden. Meanwhile, fry 2 **eggs** to your liking. Divide the asparagus and tray juices between 2 plates, top with an egg each and scatter with crumbs.

## PESCHERIA MATTIUCCI

(pescheriamattiucci.com)

The Notting Hill branch may not be as glamorous as those in Napoli, Milano and Capri, but the cuisine is just as authentic. Its pappardelle of Gragnano uses wild asparagus tips from Avellino, Chiaiano peas, fresh Pozzuoli broad beans and calamari spillo, but we use easier to find British ingredients in our version.

## TRY OUR VERSION

### SQUID, PEA AND ASPARAGUS

**PAPPARDELLE** Serves 4 ■ Fry 1 crushed **garlic clove** and 1 finely sliced **fennel bulb** in 3 tbsp **olive oil** for 2 minutes. Add 250ml **white wine** and simmer for 2 minutes, then add 400ml **vegetable stock** and boil until the liquid has reduced by half. Stir in 200g **asparagus**, cut into short lengths and cook for 5 minutes, then add 200g **peas** for 2 more minutes. Chargrill 250g cleaned **squid** until tender; then slice into rings. Cook 300g **pappardelle** according to pack instructions, drain well and add to the asparagus pan with the squid, lots of seasoning and a squeeze of **lemon juice**.

## RIVINGTON GRILL

(rivingtongrill.co.uk)

The Rivington Grill loves asparagus so much it dedicates a whole menu to it during the season. The asparagus with melted Berkswell cheese gets our vote.

### TRY OUR VERSION

#### GRIDDLED ASPARAGUS WITH

**BERKSWELL** Serves as many as you like

■ Toss 5-8 **asparagus spears** per person with a little **olive oil** and seasoning. Heat a griddle pan till hot, then griddle asparagus for a few minutes, turning, until charred and tender. Divide between plates, squeeze over some **lemon**, drizzle with **extra-virgin olive oil** and shave over some **Berkswell** or **pecorino**.

## THE CIRCUS CAFE AND RESTAURANT

(thecircuscafeandrestaurant.co.uk)

As soon as Wiltshire asparagus is picked, it's on the menu of this Bath favourite. This year chef/proprietor Ali Golden is making asparagus, broad bean, mint, homemade soft cheese and grilled Parma ham with a lemon and chervil dressing.

### TRY OUR VERSION

#### ASPARAGUS, BEAN AND BACON

**SALAD WITH SOFT CHEESE** Serves 6

■ The day before, mix 500g **Greek yogurt** with a small handful chopped **chervil** or **dill** and some seasoning. Tip into a sieve lined with a new J-cloth, set over a bowl and chill overnight. Boil 400g **broad beans** for 2 minutes, then drain and pod. Simmer 18 **asparagus** (stems trimmed) until just tender. Fry 150g **lardons** in a non-stick pan until crisp, then whisk in the juice of 2 **lemons**. Mix with the beans, asparagus, a small bunch chopped **mint** 2 handfuls **herb salad leaves** and some seasoning. Serve with scoops of the **soft cheese** and **toast** or **crusty bread**.





Asparagus, bean and bacon  
salad with soft cheese



# Ready in 30

Fast and fabulous after-work suppers

Recipes JANE HORNBY Photographs DAVID MUNNS



## Sweet potato tortilla with pepper sauce

25 minutes ■ Serves 4 ■ EASY

**sweet potatoes** 800g, peeled  
**olive oil**

**flame-roasted peppers** 290g jar, drained

**red wine vinegar** 1 tsp

**extra-virgin olive oil**

**sweet smoked paprika** 1 tsp

**ground cumin** 1/2 tsp

**garlic** 1 clove, crushed

**spring onions** 1 bunch, sliced

**eggs** 6, beaten and seasoned

RECIPE  
OF THE  
MONTH

UNDER  
450  
CALORIES

■ Slice the potatoes into thin rounds about 1/2 cm thick. Heat 2 tbsp olive oil in a medium non-stick frying pan (about 25cm across), then add the potatoes and season. Cover and cook gently for 10 minutes, stirring now and again, until tender.

■ Meanwhile, put the peppers into a blender, add the vinegar, 1 tbsp extra-virgin olive oil, the spices, garlic and some seasoning and whizz to a smooth sauce.

■ Heat the grill to high. Scatter the onions over the potatoes, then pour the eggs over and shake the pan to distribute them evenly. Leave the tortilla to cook for about 8 minutes, shaking the pan regularly, until the eggs are almost set. Flash the pan under the grill for 1-2 minutes to finish cooking then serve in wedges with salad and the sauce.

■ PER SERVING 409 kJ, protein 15.3g, carbs 46g, fat 19.5g, sat fat 4.2g, fibre 6.9g, salt 1.1g



## Five spice honey duck with sesame greens

25 minutes ■ Serves 2 ■ EASY

**duck breasts** 2 with skin on, about 200g each

**Chinese five spice powder** 1 tsp

**soy sauce** 2 tbsp

**clear honey** 2 tbsp

**medium egg noodles** 75g

**sunflower oil**

**spring greens** 2 heads, about 400g, shredded

**sesame seeds** 1 tbsp

**sesame oil** 1 tsp

■ Heat the oven to 220C/fan 200C/gas 7. Slash a criss-cross pattern through the duck skin and fat, then rub in the five spice and season. Heat an ovenproof frying pan then gently fry the duck skin-side down for 7 minutes, or until the fat has melted out from under the skin and the skin is golden.

■ Mix the soy and honey. Cook the noodles following pack instructions, then drain and rinse under cold water. Drain well. Pour the excess fat from the duck pan (save it to cook with later if you like), turn the duck over, then roast in the oven for 10 minutes for pink meat. Baste with the soy mix twice as it cooks, then rest for a few minutes.

■ Heat a tbsp sunflower oil in a large non-stick frying pan, then stir-fry the noodles, greens and sesame seeds until the greens are bright and tender. Drizzle with the sesame oil. Slice the duck, serve on top of the noodles and veg, and spoon over the sauce.

■ **PER SERVING** 739 kcal, protein 39.2g, carbs 64.5g, fat 45.4g, sat fat 10.3g, fibre 8.5g, salt 4.09g





## Crab and pea risotto with basil

25 minutes ■ Serves 2 ■ **EASY**

**butter**

**olive oil**

**onion** 1 small, finely chopped

**risotto rice** 150g

**garlic** 1 clove, crushed

**red chilli** ½ tsp of finely chopped,

or a pinch **dried chilli flakes**

**white wine** 100ml

**vegetable stock** 700ml, at a simmer

**petits pois** 75g

**mascarpone** 2 tbsp (optional)

**lemon** 1, zested and cut into wedges

**white crabmeat** 1 x 100g pot

**basil** a handful

UNDER  
500  
CALORIES

■ Heat a small knob of butter and 1 tbsp olive oil in a wide, shallow pan and fry the onion for 5 minutes. Add the rice, garlic and chilli, stir for 2 minutes, then splash in the wine and let it bubble away.

■ Pour in a third of the stock then simmer, stirring occasionally, until it is absorbed into the rice. Repeat twice until the rice is tender and creamy – about 15-20 minutes in all.

■ Tip in the peas for the final minute or two, then take the pan off the heat and swirl in the mascarpone, lemon zest and a squeeze of juice. Cover the pan and leave for 5 minutes. To serve, fold in the crabmeat and some torn basil leaves, then season. Serve with more basil and lemon wedges.

■ *PER SERVING 473 kcals, protein 19.1g, carbs 70.4g, fat 13g, sat fat 3.7g, fibre 4g, salt 4.28g*





## Tandoori lamb with dressed lentils

25 minutes ■ Serves 2 ■ **EASY**

**tomato purée** 1 tbsp

**0% fat Greek yogurt** 4 tbsp

**curry powder** 2 tsp (use  
whatever kind you have)

**garlic** 1 clove, crushed

**ginger** a small chunk, peeled  
and finely grated

**lamb cutlets** 4

**red onion** 1/2 small, halved then finely sliced

**limes** 2

**ready-cooked Puy lentils** 250g pack

**olive oil**

**red chilli** 1, deseeded and finely chopped

**coriander** a handful, chopped

CHEAT'S  
CHOICE

■ Mix the tomato purée, yoghurt, curry powder, garlic, ginger and seasoning in a large bowl, then add the lamb and coat well. Leave for 5 minutes. Meanwhile, mix the onion with the juice of 1 1/2 limes and a pinch of salt.

■ Heat a griddle pan until very hot, then cook the cutlets for 3 minutes on each side until charred on the outside and pink in the

middle. Don't move the lamb around as it cooks or the marinade will stick to the pan. Rest the lamb on a plate for 2 minutes.

■ Toss the lentils, 1 tbsp olive oil, chilli and coriander with the onions and season. Serve with the lamb, any resting juices and the remaining lime in wedges for squeezing.

■ *PER SERVING* 631 kcal, protein 42.6g, carbs 32.2g, fat 37.7g, sat fat 16.5g, fibre 10.5g, salt 1.63g







### Asparagus, egg and pancetta salad

25 minutes ■ Serves 2 ■ **EASY**

**eggs** 2  
**asparagus spears** 150g, trimmed  
**olive oil**  
**cubetti di pancetta** 70g pack  
**shallot** 1, finely chopped  
**red wine vinegar** 2 tbsp  
**wholegrain mustard** 1 tbsp  
**salad leaves** 80g  
**ready-made croutons** a handful

UNDER  
450  
CALORIES

■ Put the eggs into a pan of water, bring to a boil then simmer for 7 minutes. Lift out and cool under running cold water.

■ Meanwhile, heat a griddle pan until very hot. Toss the asparagus with a drop of olive oil and cook until charred and just tender.

■ Heat a small frying pan, add the pancetta and sizzle gently for 5 minutes or until the fat runs out and the meat is golden. Sizzle the shallot for 30 seconds or so, then take the pan off the heat and cool a little. Stir the vinegar, mustard, 2 tbsp olive oil and some seasoning into the pan to make a dressing.

■ Peel and halve or quarter the eggs, then season with salt and pepper. Toss the leaves, asparagus and croutons with the warm dressing. Serve with the eggs.

■ **PER SERVING** 407 kcals, protein 19.3g, carbs 9.8g, fat 32.6g, sat fat 8.1g, fibre 2.6g, salt 2.51g





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# olive

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## Tagliatelle with leeks and Parma Ham, served with Parmigiano-Reggiano cheese shavings

40 minutes ■ Serves 4 ■ **EASY**

**'OO' pasta flour** 500g

**eggs** 5

**SAUCE**

**olive oil**

**garlic** 1 clove, crushed

**Parma Ham** 10 slices, cut into thin strips

**leeks** 2 large, finely chopped

**Parmigiano-Reggiano cheese** handful of shavings, to serve

■ To make the pasta dough. Sift the flour and a pinch of salt into a mixing bowl and make a well in the centre. Add the eggs and a splash of water. Bring together into a very soft and moist dough.

■ Cut the dough into two pieces. Put one of the pieces on a work surface and roll until it is a very thin sheet.

■ Repeat with the other half of the dough, making a pasta sheet of the same size. Cut the pasta sheets into 1.5cm strips.

■ Set the tagliatelle aside, covered with a moist towel to prevent it drying out too much before cooking.

■ For the sauce, add some olive oil to a pan along with the garlic. Fry over a medium heat until cooked. Add the sliced Parma Ham strips to the pan and cook until golden.

■ Add the leeks and season with salt and pepper. Continue to cook until the leeks are soft and lightly golden.

■ Bring a pan of lightly salted water to the boil. Add the tagliatelle and cook for 2-3 minutes, until the pasta rises to the top of the pan and is tender.

■ Drain the pasta and add the leek and



Parma Ham with a drizzle of olive oil. Serve immediately with a sprinkling of Parmigiano-Reggiano cheese shavings.

**Serve this dish with a glass of Burgundy wine, like a Bouzeron**



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Starters

# TWO COURSES IN AN HOUR

Mix-and-match recipes to create speedy menus



Meat mains



Fish mains



Veggie mains



Desserts



# Starters

## 1 PRAWN SPRING ROLL WRAPS

■ Serves 4

■ Heat oven to 220C/fan 200C/gas 7. Cook 1 bundle (60g) of **vermicelli rice noodles** following pack instructions. Heat a little **oil** in a wok. Stir-fry a 300g pack **stir-fry vegetables**, a knob of grated **ginger** and a bunch of chopped **coriander stalks** for 3-4 minutes until almost cooked. Throw in 200g halved **raw peeled prawns** for 1 minute until pink, then stir in 2 tbsp **sweet chilli sauce**, a bunch of chopped **coriander leaves** and

the noodles, then remove from the heat.

■ Halve 4 sheets of **filo pastry** lengthways to make 8 pieces. Brush 4 pieces with a little **oil**, then cover each with another piece. Pile a quarter of the prawn mixture along the narrow edge of each sheet, fold over the edges, then roll up to give you 4 large spring rolls. Brush with more **oil**, sprinkle with **sesame seeds**, then bake on a baking sheet, seam-side down, for 15 minutes until golden and crisp. Serve with a **green salad**, and a dollop of **sweet chilli sauce** on the side.

## 2 ARTICHOKE VINAIGRETTE

■ Serves 4

■ Break the stems of 4 large **globe artichokes** as near to the base as possible, making sure the fibres running into the base come away with the stem. Discard, then pick off any discoloured leaves from the artichoke.

■ Bring a pot of salted water to the boil. Add 3 **bay leaves**, 1 halved and squeezed **lemon** and its juice. Plunge the artichokes into the pot and keep them submerged with a lid or plate. Cook for 20-30 minutes, depending on size, until the base is tender when poked with a knife. Remove and leave to cool.

■ To make the vinaigrette, warm 100ml **olive oil**, 1 crushed clove of **garlic** and 1 tsp toasted and crushed **coriander seeds** gently in a small pan. Stir in enough **lemon juice** to sharpen. Season then serve alongside the artichoke, dipping each artichoke leaf into the dressing as you eat it.

## 3 TOMATO, FETA AND OLIVE TARTS

■ Serves 4

■ Heat the oven to 220C/fan 200C/gas 7. Cut a 375g pack **ready-rolled puff pastry** into 4, put on a non-stick baking sheet and prick with a fork. Scatter 150g **feta** over.

Top with 6 sliced **tomatoes**, then another 50g **feta**. Drizzle with **olive oil**. Bake for 20 minutes until the pastry is crisp and golden.

■ Scatter a handful of chopped **kalamata olives** and **rocket leaves** over the top. Drizzle with **balsamic vinegar** and **olive oil**.

## 4 VEG SOUP WITH CREME FRAICHE

■ Serves 2

■ Fry 200g chopped **onions**, **celery** and **carrots** with 300g peeled, cubed **potatoes** in **oil** for a few minutes until starting to soften.

■ Cover with 700ml **vegetable stock** and simmer for 10-15 minutes until the veg is tender. Blend until smooth, then season. Serve with a dollop of **crème fraîche** and some chopped **flat-leaf parsley**.

## 5 SMOKED SALMON WITH ASIAN DRESSING

■ Serves 4

■ Make a dressing by mixing 1 tbsp **golden caster sugar** with ½ finely chopped **red chilli**, the zest of 1 **lime**, 2 tbsp **lime juice**, ½ tbsp **sesame oil** and 1 tbsp **light soy sauce**.

■ Arrange **smoked salmon** from a 200g pack on 4 plates. Toss 1 peeled and diced **avocado**, ½ a deseeded and diced **cucumber** and a handful of **coriander**, then pile on top. Spoon over the dressing and serve.

## 6 PROSCIUTTO, PEA AND MOZZARELLA WITH MINT VINAIGRETTE

■ Serves 2

■ Fry 4 slices of **prosciutto** until crisp. Meanwhile, boil 100g **peas** until tender, drain, then run them under cold water until cool.

■ For the vinaigrette, mix the juice of ½ an **orange** with 1 tbsp **olive oil**, a handful of chopped **mint leaves** and some seasoning.

■ To serve, tear 1 ball **mozzarella** and divide between 2 plates, scatter the peas over and sit the prosciutto shards on top. Drizzle the dressing over, and scatter with extra **mint leaves**.

Prosciutto, pea and mozzarella with mint vinaigrette





# Meat mains

## 7 SMOKY MAPLE DUCK SALAD

■ Serves 2

■ Heat oven to 220C/fan 200C/gas 7. Put a small non-stick roasting tin in the oven and let it heat up for a few minutes. Slash the skin of 2 **duck breasts** and season well, then put into the tin, skin-side down, and roast for 10 minutes until the skin is golden and crisp and the fat has run out.

■ Meanwhile, mix 2 tbsp **maple syrup** with 1 crushed clove of **garlic** and 1 tbsp **chipotle chilli paste**. Tip the fat out from the pan, turn the duck skin-side up, then roast for another 5 minutes, basting with the maple mix once or twice until sticky and glazed and the duck is roasted to pink. Rest for 5 minutes.

■ Divide a bag of **salad leaves** and 200g sliced **radishes** between 2 serving plates. Slice the duck at an angle and sit on top of the salad. Stir another tbsp **maple syrup** and 1 tbsp **sherry vinegar** into the pan juices, then drizzle over the salad, season and serve.

## 8 GAMMON WITH MUSTARD POTATO SALAD

■ Serves 2

■ Cook 200g **new potatoes** in boiling water until tender. Drain then toss with 4 sliced **spring onions** and 2 tsp **red wine vinegar** while warm.

■ Brush 2 **gammon steaks** with a little **honey** and season, then grill on high for 3 minutes on each side until glazed and cooked through.

■ Toss the potatoes with 2 tbsp **mayonnaise** and 1 tsp **wholegrain mustard**, and serve with the gammon and some **watercress**.

## 9 LAMB CHOPS WITH FRUITY COUSCOUS AND MINT

■ Serves 4

■ Put 4 **lamb chops** in a bowl. Sprinkle over 2 tsp **smoked paprika**,  $\frac{1}{2}$  a finely chopped **red onion**, 1 tbsp **red wine vinegar**,  $\frac{1}{2}$  tbsp **olive oil** and some seasoning.

■ In a heatproof bowl, mix 200g **couscous** with 5 tbsp toasted **pine nuts**, 8 finely chopped **dates**, the zest of 2 **lemons** and the juice of 1 lemon. Pour 140ml just-boiled water over the couscous, cover, then leave to stand for 10 minutes.

■ Lift the lamb out of its marinade, grill on high for 2-3 minutes on each side, then rest, wrapped in foil, for 10 minutes. Stir a handful of chopped **mint** and **parsley** into the couscous and season, then add more **lemon juice** to taste. Mix another handful of chopped **mint**

and **parsley** with the remaining  $\frac{1}{2}$  of the **red onion**, 2 tbsp **red wine vinegar** and 2 tbsp **olive oil** to make a herby vinaigrette. Serve the lamb and couscous with the vinaigrette.

## 10 CRISP PARMESAN CHICKEN

■ Serves 4

■ Heat grill to medium and line the grill pan with foil. Beat an **egg white** on a plate with a little seasoning. Finely grate 5 tbsp **parmesan** onto another plate. Dip 4 **boneless, skinless chicken breasts** first in egg white, then cheese. Grill for 10-12 minutes, turning once until browned.

■ Meanwhile, boil 400g cubed **new potatoes** for 10 minutes, adding 140g **frozen peas** for the final 3 minutes. Drain. Toss with **spinach leaves**, 1 tbsp **white wine vinegar**, 2 tsp **olive oil** and seasoning. Divide between 4 plates, then serve with the chicken.

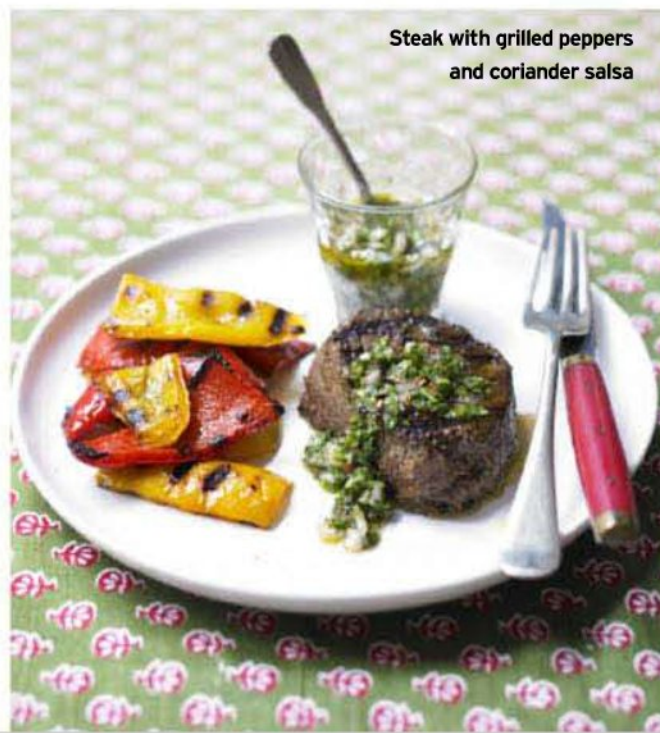
## 11 STEAK WITH GRILLED PEPPERS AND CORIANDER SALSA

■ Serves 2

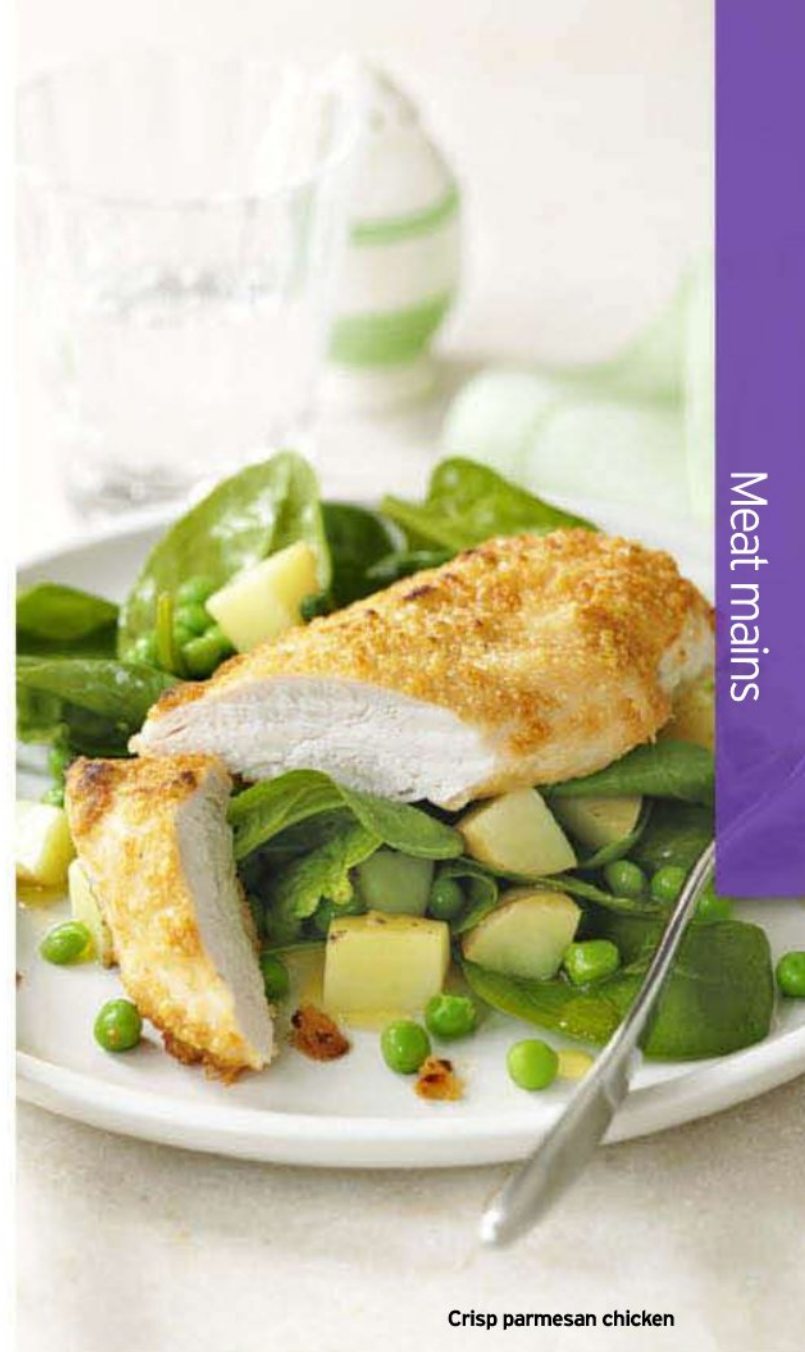
■ Rub 2 **fillet steaks** with 1 tsp **olive oil** and 1 tsp **ground cumin**, and season. Thickly slice 1 **red** and 1 **yellow pepper**. Drizzle the pepper slices with 1 tsp **olive oil**. Griddle the peppers on both sides for a few minutes until tender.

Blitz 1 tsp **ground cumin**, 1 deseeded **green chilli**,  $\frac{1}{2}$  an **onion**, a handful of **coriander**, 1 tbsp **red wine vinegar** and seasoning in a processor with a little water to make a sauce.

■ Griddle the steaks for 3 minutes on each side. Serve with the peppers and sauce.



Steak with grilled peppers and coriander salsa



Crisp parmesan chicken

## 12 CHILLI WITH CHIVE CRUSHED POTATOES

❖ ■ Serves 4

■ Skin 8 good-quality **pork sausages** and roll each into 3 meatballs. Fry in a little **oil** for 5 minutes until golden. While they cook, boil 1kg thickly sliced **new potatoes** for 10 minutes until tender. Meanwhile, add 2 deseeded and sliced **red peppers** to the sausage, then fry for 4 minutes more. Tip in 2 crushed cloves of **garlic** and 1 tsp each **ground coriander**, **chilli powder** and **ground cumin**, fry for 1 minute, then add a 400g tin **red kidney beans**, 2 x 400g tins **chopped tomatoes** and 2 tsp **golden caster sugar**. Simmer for 5 minutes until saucy and the meatballs are cooked.

■ Drain the potatoes, then crush with a masher. Fold through 5 tbsp **Greek yoghurt** and a bunch of snipped **chives** and serve with the chilli.



# Fish mains



## 13 SPAGHETTINI WITH CRAB, LEMON AND CHILLI ■ Serves 2

- Cook 150g **spaghettini** or **spaghetti** following pack instructions.
- Gently cook 4 finely sliced cloves of **garlic**, 1 finely sliced **red chilli** and 5 finely sliced **shallots** in 50ml **extra-virgin olive oil** until

aromatic. Add the zest and juice of 1 **lemon** and a bunch of chopped **flat-leaf parsley**, and fold 100g **white crabmeat** through on a gentle heat. Toss through the warm spaghettini, season and serve.

## 14 QUICK SMOKED HADDOCK AND POTATO PIE ■ Serves 2

- Mix 400g skinned and roughly chopped **smoked haddock** with 1 finely sliced **leek** and a handful of chopped **parsley** in a shallow microwaveable dish. Drizzle over 75ml **double cream** and 5 tbsp water. Very thinly slice 2 **baking potatoes** and lay over the fish and leeks, and drizzle over 75ml more **double cream**. Season.
- Cover the dish with clingfilm and pierce it a few times. Microwave on the highest setting for 8-10 minutes until bubbling away, and the potatoes are tender when poked with a knife. Remove the clingfilm and put the dish under a hot grill until the potatoes are golden.

## 15 SMOKED TROUT WITH WARM JERSEY ROYALS ■ Serves 2

- Boil 500g **Jersey Royal potatoes** in salted water for 10-15 minutes until easily pierced with a knife. Drain and when cool enough to handle, cut into thick slices.
- Mix a small bunch of chopped **tarragon leaves** with 1 finely chopped **shallot**, 1 tbsp

**red wine vinegar**, 2 tbsp **extra-virgin olive oil** and season. Pour  $\frac{3}{4}$  of it over the warm potatoes and mix. Add 6 chopped **spring onions** and 50g **pea shoots** and mix again.

■ Divide between 2 plates and top with 125g **hot-smoked trout**. Pour the remaining dressing over and serve.

Sea bream with lentils and baby leeks



## 16 GRILLED MACKEREL WITH ORANGE SALAD

■ Serves 2

- Boil 200g **new potatoes** until tender, for about 15-20 minutes. Meanwhile, brush 2 whole **mackerel** all over with **olive oil**, season well then grill for 3-4 minutes on each side until cooked through.
- Toss 2 segmented **oranges**,  $\frac{1}{2}$  a sliced **red onion**, 2 handfuls of **rocket** and the potatoes together and then drizzle with 1 tbsp **sherry vinegar** and 1 tbsp **olive oil**. Serve the mackerel with the salad.

## 17 SALMON, AVOCADO AND CUCUMBER SALAD

■ Serves 4

- Season 4 **skinless salmon fillets**, then rub with **oil**. Mix 4 tbsp chopped **mint** with the grated zest and juice of 1 **lime**, 2 tsp **clear honey** and 3 tbsp **olive oil**. Halve, stone, peel and slice 3 **avocados**. Halve and quarter 1 **cucumber** lengthways, then cut into slices. Divide 400g **mixed salad leaves**, the avocado and cucumber between 4 plates, then drizzle with half the dressing.
- Heat a non-stick pan. Add the salmon and fry for 3-4 minutes on each side until crisp but still moist inside. Put a salmon fillet on top of each salad and drizzle over the remaining dressing.

## 18 SEA BREAM WITH LENTILS AND BABY LEEKS

■ Serves 2

- Boil 75g **Puy lentils** until just tender, adding 8 halved **baby leeks** for the last 2 minutes. Drain. Whisk 2 finely chopped **shallots**, 2 tbsp roughly chopped **tarragon**, 1 tbsp **white wine vinegar** and  $\frac{1}{2}$  tsp **Dijon mustard** with  $\frac{1}{2}$  tbsp **olive oil** and some seasoning to make a dressing. Toss half with the lentils.
- Rub 2 **sea bream fillets** with a little **olive oil** and season. Grill skin-side up for 4-5 minutes till cooked. Spoon the lentils and leeks onto plates, top with the fish and drizzle with the remaining dressing.



# Veggie mains

## 19 ROASTED PEPPER AND HALLOUMI WRAPS ■ Serves 2

■ Thickly slice 200g **halloumi**. Sprinkle the slices with **dried oregano**. Heat a little **oil** in a non-stick pan, then fry the halloumi on both sides until golden. Meanwhile, heat 2 **flatbreads** over a naked gas flame for a few seconds on each side to warm them. ■ Halve 2 **roasted red peppers**, from a jar, and thickly slice, then add to the pan with 6 slices of **roasted aubergine**, from a jar, and a handful of **pitted kalamata olives**. Heat through, squeeze over half a **lemon** and season. To serve, divide the mixture and some **parsley sprigs** between the wraps, and top each with a **lemon** wedge for squeezing over.

## 20 CAMARGUE RED RICE SALAD WITH FETA AND PINE NUTS

■ Serves 2

■ Boil 150g **Camargue red rice** until al dente, drain and rinse in cold water. Tip into a bowl and toss with 1 tbsp **red wine vinegar**, 2 tbsp **extra-virgin olive oil** and seasoning. ■ Add 50g cubed **feta**, 1 tbsp toasted **pine nuts**, 2 shredded **carrots**, ½ a sliced **red onion**, and a bunch of chopped **flat-leaf parsley**. Toss again and spoon into bowls.

## 21 SPICED POTATO PASTIES

■ Serves 4

■ Boil 300g peeled and chopped **potatoes** for 8 minutes until just soft. Add 100g **frozen peas** 1 minute before the end of cooking time. Drain, then set aside. ■ Meanwhile, heat a little **oil** in a pan. Fry 1 sliced **onion** until soft and slightly coloured. Add 2 tsp **curry paste** and 1 tsp **black mustard seeds**, then fry for another minute. Stir in the potatoes and peas. Add the juice of ½ a **lemon** and a handful of chopped **coriander**, then leave to cool. ■ Heat oven to 200C/fan 180C/gas 6. Roll out a 375g pack of **ready-rolled puff pastry** a little more to make it into a square shape. Cut into 4 squares, then cut each one in half so you have 8 rectangles. Place 4 of them onto a baking sheet, brush the edges with beaten **egg** and place a quarter of the filling down the centre of each. Top with the remaining pastry, then pinch the edges together to seal. Brush with more **egg**, then bake for 20 minutes until puffed and golden. Serve with a spoonful of **chutney**.

## 22 GRILLED CHICORY AND WALNUT RISOTTO

■ Serves 4

■ Melt a knob of **butter** in a deep frying pan, add 1 finely chopped **onion** and 1 crushed clove of **garlic** and cook briefly. Stir in 400g **arborio rice** and then add 1.5 litres **vegetable stock**. Stir well and then bring to the boil. Reduce heat to a low simmer and cook for 20 minutes until the rice is cooked, stirring once or twice. ■ Meanwhile, toss 4 quartered heads of **chicory** in a little **olive oil** and fry until browned around the edges and a little wilted. Beat 4 tbsp **parmesan** into the risotto, then stir in 100g toasted and chopped **walnuts** and 2 tbsp chopped **flat-leaf parsley**. Season well. Serve with the chicory.

## 23 SPANISH PEPPER AND POTATO TORTILLA ■ Serves 2

■ Boil 200g sliced **new potatoes** until just tender, about 4-5 minutes. Cook 1 **red onion**, cut into wedges, and ½ sliced **red pepper** in a small, deep frying pan in 1 tbsp **olive oil** until softened. Add the potatoes and cook for a minute. Season well, pour in 4 beaten **eggs** and stir in a small handful of shredded **basil**. ■ Cook until set on the bottom, then finish under a hot grill. Cut into wedges and serve with **salad**.



Roasted pepper and halloumi wraps

## 24 SPRING VEG AND SPELT STEW

■ Serves 2

■ Heat 1 tbsp **olive oil** in a pan. Gently cook ½ a bunch of thickly sliced **spring onions** for a few minutes. Add 2 sticks of finely chopped **celery**, 150g halved **baby carrots** and 100g **spelt**, then pour in 700ml **vegetable stock**. Bring to a simmer and cook until the spelt is tender, about 20-25 minutes. ■ Add 200g blanched and podded **broad beans** and cook for 2-3 minutes. Stir in ½ a small bunch of chopped **tarragon leaves** and cook for a minute before serving.

Spring veg and spelt stew





# Desserts

## 25 BANANA BREAD AND BUTTER PUDDING ■ Serves 4

■ Toast 4 thick slices of **white bread**, spread with **butter** and cut each slice into 6 equal pieces. Arrange, butter-side up, with 1 sliced **banana** in a microwavable dish (approx 23cm wide by 5cm deep).

■ Beat 2 **eggs**, 85g **light brown sugar**, a large pinch of **cinnamon** and 450ml **milk** in a jug. In a small bowl, add 1 tbsp **cornflour** with a little of the milk, mix until smooth, then stir into the jug. Pour over the toast and banana, then sprinkle with more **light brown sugar**. Bake, uncovered, in the microwave on high for 8-10 minutes. Stand for 5 minutes before serving.

## 26 NECTARINE AND PISTACHIO CRUNCH LAYERS ■ Serves 6

■ Heat oven to 180C/fan 160C/gas 4. Mix 50g **wholemeal breadcrumbs**, 25g **porridge oats**, 50g **demerara sugar** and 25g finely chopped **pistachios** and spread out in an even layer on a baking parchment-lined baking tray. Bake for 8 minutes, stirring halfway, until crisp and golden brown. Cool.

■ Beat 500g **fresh vanilla custard** into 500g **0% fat Greek yoghurt** with 2 tbsp **maple syrup**. Using glasses, layer the crumbs, 4 sliced **nectarines** and custard.

## 27 STRAWBERRIES ROMANOFF ■ Serves 2

■ Put 250g halved **strawberries** in a bowl with the juice from ½ an **orange** and a slug of **Cointreau**. Macerate for 15 minutes. Meanwhile, whip 150ml **double cream** with 1 tbsp **icing sugar**.

■ Spoon into bowls, sprinkle over the zest from 1 **orange** and divide the cream between.

## 28 MARBLED HONEYCOMB AND CHOCOLATE MOUSSE POTS ■ Serves 6

■ Melt 150g **milk chocolate**, then stir in 2 x 40g chopped **Cadbury's Crunchie bars**. Gently stir 300ml **double cream** into 250ml **mascarpone**, then stir in the chocolate mix until just marbled. Spoon into small glasses or cups and top with grated chocolate.



Gooseberry, elderflower and vanilla fools

## 29 GOOSEBERRY, ELDERFLOWER AND VANILLA FOOLS ■ Serves 6

■ Put 300g topped and tailed **gooseberries** in a pan with 2 tbsp **golden caster sugar** and 2 tbsp water. Gently stew until the gooseberries are soft and pulpy. Mix in 3 tbsp **elderflower cordial** and leave to cool.

■ Whip 300ml **double cream** with ½ tsp **vanilla extract**. Mix the gooseberry pulp with 250g **fresh custard**. Take 6 glasses and fill with alternative layers of cream and gooseberry custard. Decorate with whole poached **gooseberries**.



Marbled honeycomb and chocolate mousse pots

## 30 RHUBARB AND GINGER PUREE ■ Serves 6

■ Put 1kg finely sliced **rhubarb** in a pan, pour 200g **golden caster sugar** over and heat gently until all the sugar has dissolved. Simmer until the rhubarb is soft.

■ Pour into a liquidiser, then add 2 tbsp of syrup from a jar of **preserved ginger** and purée. Serve warm with **yoghurt** or **vanilla ice cream** and crisp **ginger biscuits**.

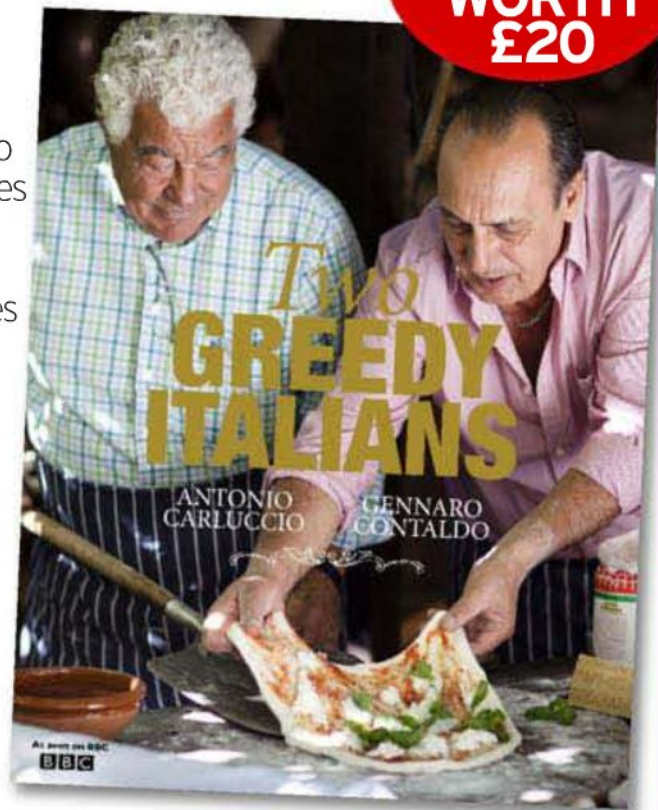


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15-19 June 2011 NEC Birmingham 9am-6pm



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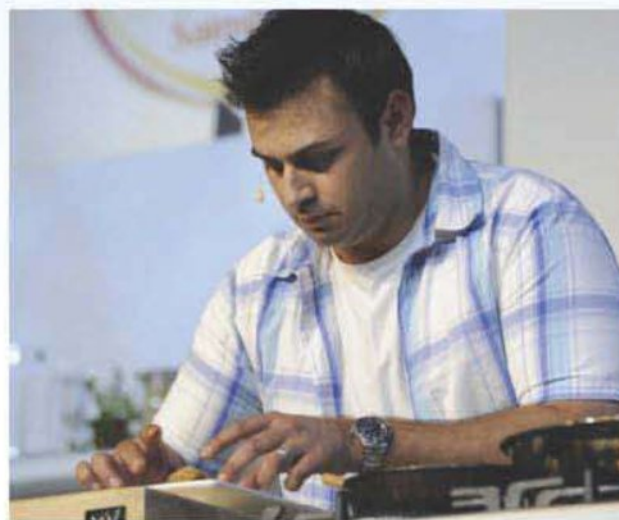


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A unique opportunity to learn new skills and discover new flavours. These practical classes are led by, amongst others, the champion of MasterChef 2011, **Dhruv Baker** and **Monica Galetti**, judge on **MasterChef: The Professionals**.



### Food fights!

Don't miss the chance to see the MasterChef judges **John Torode** and **Gregg Wallace** cooking live on stage. Plus, they will referee Battle of the Champions featuring past winners including **Dhruv Baker** and the winner of the current series, all taking place in the **Summer Kitchen** sponsored by Sainsbury's. Book early to get the best seats.

## More Show Highlights...



### Seasonal food and drink

This great summer day out brings you the best seasonal food and drink from a huge range of specialist independent producers in Henrietta Green's FoodLoversBritain.com Fair and **The Producers' Village**. You can buy and taste all your summer favourites for a simple picnic or a big summer bash!



### Celebrity chefs live

Another TV favourite, **James Martin**, will be hosting Saturday Kitchen sessions with celebrity guests in the **Summer Kitchen** sponsored by Sainsbury's. Top chefs such as **Rachel Allen** and **Mary Berry** will be giving inspiring live cooking demos too. Check the website for up to date timetables.

### BBC Good Food Show Summer All you need to know...

When: **15-19 June 2011**

Where: **The NEC, Birmingham**

Opening hours: **9am-6pm**

Visit: **bbcgoodfoodshowsummer.com**

Call: **0844 581 1346**

Reader tickets from **£17 in advance**

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Visitors aged over 65 save an extra £2 on entry tickets. Under 5s go free every day and under 16s are free on Family Weekend. Each ticket includes a Recipe Collection (value £10), collectable at the Show.

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\*£1.75 booking fee per advance ticket applies. Ticket offer valid on adult and over 65s tickets bought in advance only, not valid with any other offer.  
\*\*£7.75 saving calculated on £2 off entry ticket, booking fee usually £1.75 and theatre seat worth £4.





# Summer entertaining in style

Take inspiration from this season's key trends to dress your dining table

Words and styling SARA EMSLIE Photographs VERITY WELSTEAD

## \*coastal

Coastal accessories are perfect for alfresco dining. Classic nautical stripes of blue and white look good teamed with seaside-inspired accessories, pretty wind lanterns for ambient candlelight, rustic weaves, shell bowls and fish motifs. Shades of sea green and Aegean blue are everywhere, from glassware to table linen, and add a fresh, cool watery feel. This look is great for serving up barbecued sardines, shellfish, Mediterranean-style roasted vegetables, pasta dishes or a large paella to be shared.



Table mat, £14.50, Toast. Jug, £15, John Lewis. Blue ribbed glass, £4.95; green glasses, £5.50 each; The Conran Shop

## \*natural

Think oversized oak refectory tables, large wood platters for serving roasts and charcuterie, undyed linens, hand-thrown organic-shaped ceramics – in fact anything that speaks of craftsmanship. It's a look that is perfect for relaxed weekend lunches with friends where the emphasis is on natural, seasonal foods, perhaps homegrown.

## \*ethnic



Rattan tray, £15; napkins, £20 for set of four; Lombok

Vibrant orange, red and pink matched with earthy terracotta gives a flavour of the exotic. Go for hot jewel colours, touches of gold, African textiles and Moorish tiles. Mix and match for an eclectic look, reminiscent of spice bazaars, that is the perfect setting for a feast of olives, houmous, flatbreads, tapas, tagines and couscous.

For stockists see page 125

## coastal



Dinner plate, £5.50; side plate, £4; cup and saucer, £4.50; House of Fraser



Straw mat, £12, Toast. Cruet set, £15, John Lewis. Platter, £19.95; cup and saucer, £39; The Conran Shop



Fish platter, £7.95, The Conran Shop. Shell hurricane lantern, £19.50; shell, £3.50; stripe mug, £4; Marks & Spencer

Tunis carafe, £29, Toast. Wine glass, £6; coastal stripe placemat, £5; Le Creuset mini casserole, £12; John Lewis

Mosaic topped dining table, £595, The Conran Shop



## natural



Rush mats, £18 each, David Mellor. Jug, £14.50; salad bowl with wood servers, £28.50; Jamie at Home



Jug, £28; mug, £19.95; The Conran Shop. Heart trivet, £37; Cow ceramic pot, £16.50; Jamie at Home. Natural linen napkin, £8, Cabbages & Roses



Vintage cutlery, £28 for set of six; vintage confit jars, £5.50 each; Baileys



Mango wood board, £35, Toast. Cup and saucer, £7; side plate, £9; Habitat



Natural linen tablecloth, £48, Summerill & Bishop. Bowl, £27.50, Toast. Linen napkin, £8, Cabbages & Roses. Rush napkin ring, £8.50, David Mellor. Olive wood spoon, £10.95, The Conran Shop



Jug, £30; bowls, £22.95 for set of four; John Lewis. Wine glass, £6.50, David Mellor. Cabbage napkin, £10.50, Ceramica Blue

## ethnic



Orange placemat, £2.95, The Conran Shop. Gold cutlery, £155 for 24-piece set, Heal's. Salad servers, £24.50; teaspoons, £4.50 each; Ceramica Blue



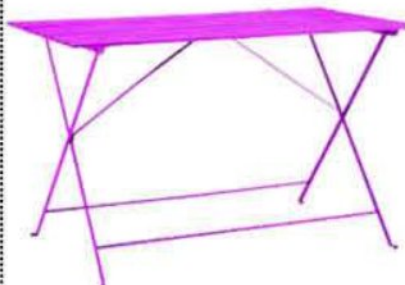
Plates, £4.50; cup and saucer, £4; bowl, £4.50; House of Fraser. Red napkin, £6.50; red napkin ring, £13.50; Ceramica Blue



Chair, £45; jug, £30; Habitat. Tumbler, £5, House of Fraser. Napkin, £8.95 for set of four, The Conran Shop. Tealight holders, £16.50 for set of three; table runner, £22; Ceramica Blue



Tablecloth, £32; Lombok



Table, £80, Habitat



Round woven placemats, £2.95 each, The Conran Shop. Terracotta handled casserole dish (with lid not shown, at back), £28.50; turquoise glazed bowl, £29; tagine, £40; small bowls, £25.50 for set of four; Jamie at Home





# FRESH FROM THE OVEN

The delicious new Casa di Mama pizza range is cooked fresh for the first time in your oven, so you can really enjoy that fresh-baked taste

Make pizza night at home with the family a hit with fantastic Casa di Mama pizzas from Dr. Oetker. The new range includes three different tempting flavours all made with a crisp, light base that rises at the edge for an authentic Italian taste – just like mama used to make.

The fresh dough cooks for the very first time from frozen, unlike other frozen pizzas, so every mouthwatering bite melts in your mouth. And whether you chose the Diavola, the Quattro Formaggi or the Salame, each will be cooked to perfection.

A slice of Casa di Mama pizza with a green salad is perfect for lunch, or for indulging during a relaxing night-in. If you're making a meal for the whole family, try adding a side dish that everyone – including the kids – will love, such as a fruity coleslaw and rainbow salad, or potato wedges with

homemade salsa and sour cream.

Thanks to the freshest toppings and a subtle blend of herbs, Casa di Mama pizzas are as appetising as they are quick and easy. Why not discover how good they are for yourself? Pick up a promotional pack in your local supermarket, or simply visit **[casadimama.co.uk](http://casadimama.co.uk)** and find out how you can get one for free!

**TERMS AND CONDITIONS**  
For details on how to claim your refund and full T&Cs, visit [casadimama.co.uk](http://casadimama.co.uk). Closing date 7 Sept 2011. Maximum refund value £2.99. Offer applies to Quattro Formaggi and Diavola variants. Internet access, till receipt and cut-out flash from promotional packaging required. Refund available to UK/CI residents aged 18+ only. Exclusions apply. One refund per household.

**You can discover the authentic fresh-baked taste of a Casa di Mama pizza for FREE! See left for more details.**



## THE FINEST SLICE

There are three deliciously different Casa di Mama pizzas for you to choose from:

**Diavola** Succulent Calabrese salami, fiery red chillies and tangy red onion.

**Quattro Formaggi** Mild and creamy cheeses are blended for a subtle melt-in-mouth taste.

**Salame** Large slices of peppery salami along with smooth cheese make this a classic choice.



**FOR MORE INFORMATION ON HOW YOU CAN TRY A CASA DI MAMA PIZZA FOR FREE, VISIT [CASADIMAMA.CO.UK](http://CASADIMAMA.CO.UK)**



# eat out

Great-value restaurants and cafés

Edited by JESSICA GUNN

Partnerships  
made in food  
heaven

**PAGE 89**

**IN THIS ISSUE** ★ Make an impressive shellfish bisque **PAGE 95**  
★ Pro vs punter: Bridlington's fantastic chippy **PAGE 96**



olive 87



# Reasons to Celebrate

*A Royal wedding, an extra bank holiday and summer just round the corner.....*

## The Ultimate Espresso

Coffee lovers everywhere are succumbing to the rich, intense flavours of new champagne of coffees Percol Black & Beyond. This is an espresso like no other - pure liquid seduction. The rich nutty flavour is peppered with notes of dark and sticky cocoa. With no bitter aftertaste, only an alluringly smooth silkiness that languishes luxuriously on the tongue. Simply grind the beans to use in an espresso machine or cafetière, and for the ultimate 'lazy' espresso, just use the instant coffee.

Beans (£3.79) available in Tesco;  
Instant (£3.29) available in Asda,  
Morrisons, Tesco & Waitrose.  
[www.BlackandBeyond.co.uk](http://www.BlackandBeyond.co.uk)



## Salad time

Add some sunshine to your salads with our fresh & naked unwashed baby salad leaves. We carefully grow and pack them so they stay fresher for longer. We've refreshed the line-up of flavours this summer, from mild Lambs Lettuce to feisty Wild Rocket (visit [www.freshandnaked.co.uk](http://www.freshandnaked.co.uk) for details). There's a salad for all occasions, whether a Royal celebration or just a fresh and tasty lunch at your desk.

Available at Tesco stores nationwide for the less than princely sum of 90p.



## A Right Royal Mint

With all the upcoming celebrations, you may need to give yourself a little Spring clean this month. And London confectioners Peppersmith have just the answer; their award-winning fine English peppermint gum. Accredited by the British Dental Health Foundation (and made without any nasty artificial flavours, colours, preservatives or aspartame) it's a natural, healthy way to freshen up.

Now available in  
**Waitrose**



## Best of British

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# Perfectly suited

Behind every great chef is a brilliant producer. Meet the teams that put the best of British ingredients on your plate 🌱

Words TONY NAYLOR Photographs DYLAN THOMAS



Chef Tim Bilton (left) and ice-cream maker Jeremy Holmes



## THE BUTCHER'S ARMS, WEST YORKSHIRE

**Tim Bilton and award-winning ice-cream maker Jeremy Holmes (previous page) are two stars of the West Yorkshire food scene**

### \* TIM BILTON

'Late 2009, when I opened The Butcher's Arms dining pub, we just couldn't keep up making ice cream. I had this little 1.5lt machine on all day and it used be glowing red by 11pm. Then that November, Jeremy and his wife, Louise, came in to eat, we got chatting and they explained they had their own ice-cream company, Yummy Yorkshire. Intrigued, I went up to their farm (where they have an ice-cream parlour and café) and I was blown away by the flavours. It's great for a chef to make his own ice cream but if somebody's doing it equally well, if not better and from their own milk, just three miles away, why not embrace that?

'We use a lot of their Riley's toffee ice cream in the pub, and I'm a big fan of Lou's Liquorice too. Sometimes I marry the ice creams with our desserts, say Yorkshire rhubarb crumble with rhubarb ice cream, and we also do an ice-cream tasting plate – four flavours on a thin tuille biscuit shaped like an artist's palette, with a chocolate pencil (£6.50). In summer, we do tubs and cones (£1.50) for customers in our garden too.'

■ [thebutchersarmshepworth.co.uk](http://thebutchersarmshepworth.co.uk)  
Holmfirth, Huddersfield, 01484 682361.  
Starters from £7.95, mains from £15.95.

### \* JEREMY HOLMES

'My father taught me: "If you're going to do something, do it right". All the milk and cream for our ice cream comes from our own Holstein herd, and for fruit, we partner with a farm near Leeds. It couldn't be fresher. Louise is always experimenting with flavours and we get Tim to try them. He's a straight talking West Yorkshire bloke and I like that. The Butcher's Arms has always been one of my favourite pubs - it's old, there's a roaring fire and Tim cooks a good steak or local game such as pheasant. It's fantastic having our ice creams in there.'

■ [YummyYorkshireIceCreamParlourandCoffeeShop,DenbyDale,Huddersfield](http://YummyYorkshireIceCreamParlourandCoffeeShop,DenbyDale,Huddersfield)  
(01226 762551; [yorkshiremilk.co.uk](http://yorkshiremilk.co.uk)).



## COWORTH PARK, BERKSHIRE

**John Campbell's modern, cerebral cooking has won him multiple Michelin stars. When it comes to game, it's veteran butcher Alan Hayward of Vicar's Game who supplies him**

\* **JOHN CAMPBELL** 'Hopefully, most chefs are beginning to realise that they're not specialists in everything. If you've got a supplier, like Alan, who's got decades of experience, he's probably better placed to tell you what's good and what's not. With venison for instance, if it's a female doe, a young male, Fallow deer, Roe or Sika, they all eat differently and need different hanging times. All of which Alan knows. He's been my preferred meat supplier for eight years, ever since I first used him at The Vineyard at Stockcross [where Campbell held two Michelin stars]. In my last three years at the Vineyard, all the venison and rabbits were either shot by myself, my head chef or Alan. Alan's the better shot - I call him The General.'

'In my main restaurant at Coworth Park we're quite molecular in the way we cook, so instead of using the prime venison cuts for instance, we might use the haunch because it's got more flavour. But, because of the sous-vide way we cook it, the meat still has the softness of saddle. We serve that with cauliflower purée, raw pickled cauliflower, wood

sorrel and roast carrots.'

■ [coworthpark.com](http://coworthpark.com), Berkshire  
(01344 876600;). Three courses, £60.  
The Barn at Coworth Park, starters  
£7.50, mains £15.

\* **ALAN HAYWARD** 'The only way a supplier can serve an establishment well is by having continuous conversations with the chef so we know what's on his menu. With John, it's a strong relationship - whatever his team want to do, they discuss it with us first. John also sends his chefs up to me on a regular basis. We might spend the day butchering a body of beef and discussing the different cuts and what you can do with them. It helps them to develop ideas and create dishes, such as the on-the-bone sirloin steaks and sausages on the menu at The Barn at Coworth Park. April is the beginning of Roebuck season, and young Roebuck is the finest venison you can eat, so that will definitely be on the menu.'

■ [CaseyFieldsFarmShop,Ashampstead,Reading,Berkshire](http://CaseyFieldsFarmShop,Ashampstead,Reading,Berkshire) (01635 579662; [vicarsgame.co.uk](http://vicarsgame.co.uk)).



## THE HENRY ROOT, LONDON

Chef Sang Nguyen and farmer Matthew Emmett bonded over their love of free-range pork and of breeding the animals to make the perfect cuts for specific dishes

### \* SANG NGUYEN

'I first met Matt when I was doing a stage at The Hand & Flowers in Marlow. He came in with a whole pig, which immediately caught my interest as most suppliers only delivered cuts. As his farm was nearby, I went down to talk to him about The Henry Root. The restaurant is a very relaxed place, with hearty bistro food and a focus on quality ingredients.

'Matt keeps fantastic free-range pigs. With pigs, breed is important, but if you have a lazy farmer, even the best breed won't be that good. Matt's pigs have a nice fat-to-meat ratio. At The Henry Root, I use a pig a week from Matt. I'll use it for the Sunday roast, make a terrine from the off-cuts, pigs' ear scratchings for the bar, and cure our own charcuterie. I love cooking with pork because it's so incredibly versatile.'

■ *thehenryroot.com, London SW10 (020 7352 7040; ). Small plates from £5.50, mains from £12.50.*

### \* MATTHEW EMMETT

'I rear mainly old breeds such as Saddleback and Tamworth, but I cross them with newer breeds like Duroc, because while you want some fat on the edge (that's where a lot of the flavour lies), you don't want an excessive amount. Sang and I often discuss different breeds and crosses - which ones are better for, say, ham or chops, and Sang might ask for a pig that's leaner or fatter for something specific. I can manipulate the product in terms of breed, weight and slaughtering age, to give him exactly what he wants.'

■ *Rockwell End House Farm Shop, Henley on Thames, Oxfordshire (01491 571347; rockwellendhousefarm.co.uk).*







## THE CURLEW, SUSSEX

In January this year, just 18 months after it opened, The Curlew - a casual, quietly elegant Sussex restaurant - won a Michelin star. For chef Neil McCue, superb regional ingredients, such as Alsop & Walker's artisan cheeses, are a key part of its success

### \* NEIL McCUE

'The Curlew is all about producing simple food and representing British produce, although sometimes my cooking techniques are a bit more complex.

'Arthur Alsop ate here soon after we opened, introduced himself, and when he brought his cheeses in, we realised how well his Sussex Farmhouse worked in an English take on a double-baked cheese soufflé that I was working on. It's a semi-hard cheese, firm shell, soft inside, and it comes alive when cooked. It's in the soufflé and the fondue sauce we pour over it - the customers love it. We're flexible depending on what he's got in season; when they're ripe and at their best, we've had Arthur's Sussex Crumble and Five Ashes on as our Cheese of the Week, which we serve instead of a cheeseboard - it's just one cheese with a garnish made specifically for it.'

■ [thecurlewrestaurant.co.uk](http://thecurlewrestaurant.co.uk), Bodiam, Sussex (01580 861394). Starters from £6.50, mains from £16.

### \* ARTHUR ALSOP

'Nic Walker and I have been making cheese for three years. We make 14 cow's milk cheeses, from softs through blues to mature hard cheeses, all using artisan methods. We supply a mixture of places, from Chelsea Football Club and Virgin Atlantic to delis and restaurants. I always go into the kitchen and meet the chefs - with Neil for instance, we'll take a slightly older Sussex Farmhouse in to him, to get a bit more depth into the flavour of his signature soufflé. I recently took a new cheese, Lord London, a fresh, citrusy semi-soft pyramid, to Neil. In spring, he's planning to serve that as a starter with pickled vegetables and a herb salad.'

■ [alsopandwalker.co.uk](http://alsopandwalker.co.uk); various stockists incl. Paxton & Whitfield ([paxtonandwhitfield.co.uk](http://paxtonandwhitfield.co.uk)).



## ONDINE, EDINBURGH

The Welch family are Edinburgh's most prominent fishmongers. They have five shops in the city and supply many of its best chefs, including Roy Brett, owner of stylish, sustainable seafood restaurant Ondine

★ **ROY BRETT** 'I wanted to make sustainability core at Ondine. We're the only MSC [Marine Stewardship Council] certified restaurant in Scotland and we follow the Marine Conservation Society's chart stringently. That means that if there's a strain on a species, or the fish are spawning, we'll avoid them. Gary's talking to the MSC about becoming wholesaler-certified for different species. I write my menu around what he's got in. In spring, we'll be looking at coley, pollock, shellfish and crustaceans coming to the fore. Gary's going to get his hands on some MSC-certified haddock for my smoked haddock rarebit - we milk poach the haddock, fold it through strong cheddar, double cream, Worcestershire sauce and Mark Hix's Oyster ale, then spread it on toast. It's a good munch!'

■ *ondinerestaurant.co.uk, Edinburgh (0131 226 1888). Starters from £8.50, mains from £12.50.*

★ **GARY WELCH** 'I started supplying Roy about five years ago, when he was at the Dakota Hotel. Now, we deliver to Ondine twice a day. If I get fish in that Roy should know about, I'll call him. We're on the same wavelength on sustainability. These days, there are only a couple of small lobster boats that go out from Newhaven harbour, so I source fish from all over the country, from Cornwall to Peterhead, all from sustainable stocks.'

'Roy's lemon sole with goose fat potatoes and béarnaise sauce is my favourite. The treacle-cured salmon starter with soda bread and horseradish cream is also amazing.'

■ *Welch Fishmonger, various shops including 23 Pier Place, Newhaven, Edinburgh (0131 552 5883).*







## THE GREEN CAFÉ, LUDLOW

At his pretty riverside café, chef Clive Davis makes almost everything from scratch. For his daily bread, however, he relies on local expert Peter Cook of family bakers Price's

### \* CLIVE DAVIS

'As a chef, I'm looking to work with passionate people, and that love really comes across in Peter's bread. It's traditional, slow fermentation bread: no improvers, no artificial enhancers, no commercial yeasts. It's perfect for the café because our menu is led by British seasonal produce - good rustic food. We concentrate on flavour and use less popular cuts to keep the prices down, so you might get ox tongue and rocket sandwich with a lemon and caper mayonnaise on Peter's sourdough. His sourdough has a great crust and texture, plus fantastic depth of flavour. We serve his rye bread with our own pickled herrings, and toast his French sticks to go with our chicken liver pâté.'

■ *The Green Café, Ludlow, Shropshire*  
(01584 879872). Dishes, £4.50 - £10.

### \* PETER COOK

'Clive's a real asset to Ludlow. His food is outstanding and the café's in a beautiful spot at Dinham Weir - it's helped fill a real gap, locally, between pub food and the Michelin star restaurants. His fish chowder is fantastic and I had the best omelette I've ever eaten there. The drinks are local too - including Hobson's beers and, my favourite, Dunkertons cider.

'He uses a lot of our bread as well - especially the pan au levain, a sourdough mix of white, wholemeal and rye flours that's served with most of the soups and sandwiches. Most of the small Ludlow independent businesses support one another and we supply a lot of the pubs, cafés and B&Bs. Baking our main white bread, which uses an overnight long fermentation dough, is a 12 hour process. Most bakeries abandoned that approach in the 1950s.'

■ *Price & Sons, Ludlow, Shropshire*  
(01584 872815; [pricethebakers.co.uk](http://pricethebakers.co.uk)).





There are many reasons to visit the chic Petersham Hotel in Richmond; the views of the river, the off-the-beaten-track feeling when you are actually a few minutes walk from town. Best of all is to eat Alex Bentley's menu consisting of classic dishes with clever twists. Starters on the dinner menu include tandoori rabbit, shallot bhaji, pilau rice and coriander yogurt, £13.00, and this shellfish bisque, £10, which features as 'soup of the moment' when in season. Mains include endive tarte Tatin, goat's cheese onion ring, herbs and balsamic caramel, £16, and roasted venison loin, mushroom duxelle, sweet potatoes, chocolate and balsamic sauce, £24. Puddings includes chocolate moelleux with caramel and chestnut ice cream, £7.50. Nightingale Lane, Richmond, Surrey (020 8940 7471; [petershamhotel.co.uk](http://petershamhotel.co.uk))

# Signature dish

## The Petersham Hotel

This starter is an intensely flavoured classic

### Bentley's shellfish bisque

3½ hours ■ Serves 4 ■ **A LITTLE EFFORT**

*Bear in mind that you'll need a lot of shellfish shells to make up the required weight. Collect shells by freezing batches from other recipes until needed.*

**shells** (crayfish, crab, lobster, prawns, whatever you can get) 2kg, keep some of the cooked meat you extract for the bisque, use the rest for something else

**olive oil** 75ml plus **butter** 75g

**celery** 1½ sticks, chopped

**garlic** ½ head, peeled and chopped

**carrots** 2, peeled and chopped

**shallots** 3, peeled and chopped

**leek** ½, peeled and chopped

**fennel** ½ bulb, peeled and chopped

**orange** ½, zested

**coriander seeds** ½ tbsp

**fennel seeds** ½ tbsp

**herbs de Provence** ½ tbsp

**ginger** 75g, sliced

**kaffir lime leaves** 2

**tomatoes** 6, seeds scooped out and chopped (save some for decoration)

**white wine** 375ml bottle

**fish or chicken stock** (or a mixture) 750ml

**brandy** 1 tbsp

**cream** 1 tbsp

**lemon** ¼

**pea shoots** or **watercress** to garnish

■ Crush the shellfish shells in a food processor or put them in a plastic bag and bash with a rolling pin, the more you break them up the better. Tip them into a large hot pan with the olive oil and butter and cook for 10 minutes. Add the chopped celery, garlic, carrots, shallots, leek, fennel, orange, coriander, fennel seeds, herbs de Provence, ginger and lime leaves and fry until well browned with a strong shellfish aroma. Add ⅔ of the tomatoes and fry until the juices evaporate, add the wine and bring to a boil. Add the stock and bring back to the boil, turn down to a simmer and cook for 2 hours skimming off any scum that rises to the top.

■ Pour everything through a sieve, pressing down on the shells and veg to extract the maximum flavour. Pour through a muslin cloth or fine sieve to make sure any fine bits of shell have been removed.

■ Put the liquid back into the clean pan, taste and then boil until it has a good strong flavour but there is still enough for 4 shallow soup bowls. Add the brandy and boil for 1 minute. Add the cream and a squeeze of lemon and season.

■ Put pieces of cooked shellfish into hot bowls along with some herbs and tomato pieces and pour over the hot bisque, we would do this at the table.

■ **PER SERVING** 556 kcal, protein 35.6g, carbs 99g, fat 37.6g, sat fat 13.6g, fibre 2.5g, salt 5.08g



The Petersham is offering olive readers 10% off the final bill for dinner, including drinks, Sunday to Thursday throughout April and May. Please quote

**olive** when booking and bring your copy with you to the restaurant.

#### TERMS AND CONDITIONS

Offer runs from Monday 4 April to Tuesday 31 May, and excludes lunch, Friday dinner and Saturday dinner. Offer is subject to availability and bookings may not be used in conjunction with any other offer or promotion. Bookings must be made in advance and **olive** must be quoted both at the time and on arrival at the restaurant. There is a maximum number of two people per booking.



# pro vs punter

Does your average diner agree with the food professionals? **olive**'s new pro Tony Naylor and **olive** reader Julie Hodson compare notes on award-winning fish and chip shop, Bridlington's Fish and Chips at 149

## FISH AND CHIPS AT 149



Fish and Chips at 149 is a small fish and chip shop in Bridlington on the East Yorkshire coast, and the winner of the Seafish Best Independent Takeaway Fish and Chip Shop of the Year Award 2011. Chips are made using locally-grown Maris Piper potatoes and fish is from sustainable sources and fried in home-made beef dripping batter. All meals are cooked to order.

■ Fish and Chips at 149, 149 Marton Road, Bridlington, East Yorkshire (01262 678378; fishandchipsat149.co.uk). Fish from £3.40-£4.70; chips £1.30-£2.10; peas 70p-£1.

- Pushy table turning? No, it's a takeaway!
- Tap water offered? No, see above.
- Veg options? None (food is cooked in beef dripping).

### SCORES IN THE PAST SIX MONTHS

Restaurant	Food	Atmosphere	Service	Total
Les Deux Salons	18	19	16	53/60
Dishoom	17	17	17	51/60
Barbecoa	18	17	16	51/60
Polpetto	16	15	16	47/60
Tinello	15.5	14	15	44.5/60
Tapas Revolution	14	11	15	40/60

## THE PRO



Tony Naylor is a Manchester-based journalist who writes regularly for **olive**, as well as *Restaurant Magazine* and the *Guardian*. You'll also find him blogging on-line for the *Guardian's* Word of Mouth.

## FIRST IMPRESSIONS

In the window, a large sign announces that 149 is the UK fish 'n' chip shop of the year 2011. It certainly looks the part. The location – next door to a Post Office, on a main road, about a mile outside the centre of Bridlington – is unremarkable, but with its smart, modern signage, clean, white-tiled interior and gleaming Kiremko ranges, this is an unusually sharp-looking suburban takeaway. Moreover, even on a grey Tuesday lunchtime, it's busy.

## SERVICE

Black-clad counter staff are bright and efficient, and co-owner Matthew Silk, who was manning the range, certainly knows about fish. Ask him about his menu and sustainability and he'll give you chapter and verse about fish stocks, trawler discards and how he sources his haddock (which is line-caught) and cod from responsibly-managed Scandinavian waters. Don't be surprised if other customers join in, too, on topics from the cost of commercial fishing licences to their fondness for mackerel. Bridlington's a very friendly place.

## THE PUNTER



Julie Hodson is an actuary and lives in York. She eats out around twice a month and her favourite types of food are modern British for special occasions, and Indian for Friday nights. Her best ever eating out experience was the tasting menu at Anthony's restaurant in Leeds.

Fish and Chips 149 appeared to be just a small takeaway in a row of shops, with traditional fish shop menu and prices. But within seconds, we realised there was something different here. The shop was modern, spotlessly clean and the walls displayed countless certificates, awards and newspaper clippings. There was also information about where the ingredients had been sourced.

We were really impressed that the staff took the time to interact with each and every customer – explaining cooking times and advising on portions. In these conversations, both members of staff seemed proud of the shop's values and achievements. The shop has a separate table in the corner where you can add your own salt, vinegar and chip spice (a mix of paprika, salt, tomato and garlic). You can also help yourself to serviettes and hand-wipes. These little touches show a real attention to detail.





## THE FOOD

This being Yorkshire, 149 fries in beef dripping. It's a contentious oil, and not just for vegetarians. There is an aesthetic and textural debate – vegetable oil tends to produce a smooth-shelled batter, beef dripping gnarled fillets covered in crazed coral reef-style formations. But, more importantly, while beef dripping gives fried fish a luxuriously unctuous mouth-feel, if the batter is too thick, or the fish overcooked, its flavour can overwhelm.

At 149, however, it's well-judged; batter is gossamer light (it's a secret recipe, but plain flour and very cold water is key, apparently) and it absorbs just enough oil that the beefy flavour gives the dish an elegant, savoury depth. It also acts as a complementary counterpoint to the sweet, superbly fresh haddock, which comes apart in fat, ice-white flakes. Chips, usually made from local Maris Pipers, have a definitive crisp crunch, are fluffy within and as golden brown as Mediterranean sunbathers, while the mushy peas – which I usually hate – are astounding. Steeped overnight and cooked fresh each morning, they are velvety soft and have an almost garden pea vibrancy.

Confusingly, what 149 calls a fish cake is actually a bland and forgettable deep-fried sandwich of fish between two potato slices. A bought-in 'patty' (or breaded fish cake) is better. I ate all this sat on a nearby bench, fingers numb with cold, slurping down tea. Afterwards, I walked back to the train station warm, content and feeling alive again.

Haddock was thick and meaty with pure white flesh and a firm, juicy texture. The batter was light, crisp and not at all greasy. Plaice tasted as fresh as if someone had caught the fish seconds earlier and fried it immediately. It was battered in its skin, while the haddock had been skinned and filleted first. All fish is cooked to order, which ensures the fish tastes fresh and clean.

Chips were chunky, with a crisp, thick skin. Inside, the flavour and texture reminded us of a baked potato – soft and fluffy. We probably shouldn't have masked these flavours with curry sauce, but it just tasted so good!

A scallop each, again with a thin, crisp batter proved a delicious appetiser. We also ordered a bread cake, but were just too full to manage this as well. It's obvious from posters that food provenance is extremely important to this chippie. One of the posters named the fisherman who had caught the fish and another named the farm that supplied the Maris Piper potatoes for chips. Equally important is 149's pledge that all fish is sourced from sustainable sources. This is a rare promise for a fish and chip shop, and one I would love to see repeated elsewhere.

**WANT TO REVIEW  
A RESTAURANT?** For a  
chance to become **olive's**  
next punter, sign up to our  
reader panel at

**bbcmagazineinsiders.com**



## THE VERDICT

This place brilliantly blends old and new. You get offered scraps (moreish drips of batter that have been fried to a crisp in the hot fat) and scented handwipes. It's supporting Hugh Fearnley-Whittingstall's 'mackerel mission' but caters, both sustainably and pragmatically, to the majority who still want cod and haddock. The food, if not flawless, is clearly special and while I wouldn't say 149 is Britain's best, it is certainly among the leading pack of modern British chip shops.

Fish and Chips at 149 offers traditional fish and chips with ethical values and a focus on high standards of service and ingredients. We didn't mind waiting an extra few minutes while the fish was fried to order, as this resulted in food of the highest quality. I can see why this shop is the 2011 fish and chip shop of the year – the food is outstanding, while typical chip shop menu and prices are maintained.

## THE BILL

**Tony's bill for one** Medium 8oz haddock, chips, mushy peas – meal deal (£5), one fish cake, one breaded patty, one tea **£8.40**.

**Value for money?** Yes.

**FOOD 8/10**  
**ATMOSPHERE 8/10**  
**SERVICE 8/10**  
**Tony's total 24/30**

**Go again?** If I was in East Yorkshire, definitely. It's well worth a detour.

### Julie's bill for two

Plaice and chips (£6), haddock and chips (£4.70), two scallops (60p), one bread cake (50p), curry sauce (70p) and two soft drinks (£1.60), **£14.10**.

**Value for money?** Yes.

**FOOD 10/10**  
**ATMOSPHERE 9/10**  
**SERVICE 10/10**  
**Julie's total 29/30**

**Go again?** Yes, I would definitely return to this takeaway if I was visiting Bridlington for the day.

**TOTAL  
53/60**



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\*Offer valid while supplies last.







# eat away

Recipes from around the world  
and ideas for foodie holidays

Edited by ALISON BOWLES

Uncover  
Venice's  
back-street  
osterie  
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# EAT LIKE A LOCAL St Lucia

Get friends over for a taste of the Caribbean with this sharing menu

Recipes JONATHAN DEARDEN Words CHRISTINE HAYES Food photography ISABEL WIELD

As with many of the Caribbean islands, France, Britain and America have all had an influence on St Lucia: town names such as Soufrière and Castries have a distinctly French ring, yet cars drive on the right and prices are given in US dollars as well as East Caribbean. Creole and African are the strongest influences on St Lucian cuisine, with peppers, onions and garlic used liberally. Hearty 'ground provisions' – yams, plantains and dasheen (taro) – are staples, and sweet potato and the squash-like christophene are popular side dishes. Many dishes are livened up with a dash of fiery pepper sauce, and there's a bottle of tangy banana ketchup on most tables. Ginger, celery leaf, tamarind, bay leaves and cinnamon are common spices and flavourings. The national dish of green banana and saltfish is reminiscent of potato salad and often served with grilled meat at roadside restaurants such as Ginettes near Rodney Bay. Lambi (conch) is barbecued or, as with salt cod, made into fritters. The Indian settlers who started to arrive in the mid-nineteenth century helped shape St Lucia's appetite, too. Curry and rice are ubiquitous, as are rotis stuffed with curried beef, chicken and vegetables. The abundance of locally caught fish and fruit, from mangoes and pineapple to the custardy soursop, is a chef's dream. As well as encouraging visitors to try traditional dishes, chefs like Jonathan Dearden at Jade Mountain in Soufrière, are finding updated ways to showcase local ingredients. So snapper and tuna may be used in ceviches and sashimi, and pineapple, papaya and soursop in sorbets and granitas.

## MENU

- \* Pan-fried fish with citrus souscaille
- \* Red bean and dumpling with bacon
- \* Green banana and salt fish
- \* West Indian pumpkin and mango tart

## LOCAL KNOWLEDGE

- Castries is the capital and its busy, food market is a vast collection of stalls selling meat, fish, fruit and veg all under one roof. There are small local markets too, in the south at Soufrière. A good place for fish is the market in Choiseul.
- Sample various local catch at the Friday night fish fries at Anse La Ray and at the small, noisier fishing village Gros Islet with a rum and coke or Piton, the St Lucian beer.
- Bright red and refreshing, homemade sorrel juice is sold at markets around Christmas time and sometimes drunk with ginger
- For good-value, hearty food off the tourist track, try restaurants in residential streets such as Fedo's in Soufrière. Pick up a curried roti to eat in or take away (if you go for chicken, bear in mind it might have bones in).
- Hotels tend to import meat from the USA but chicken is more usually local.
- Look for takeaway vans The Jerk Pit and Joycee's Mobile Food in the evenings at Rodney Bay for jerk chicken, pork, and rice and peas.

## Pan-fried fish with citrus souscaille

30 minutes ■ Serves 4 ■ EASY

*For this recipe use any type of saltwater fish, whether a whole fish or fillet – in St Lucia it might be mahi mahi or snapper. Tilapia also works well (check it is from a sustainable source). Seasoning peppers have the flavour of chillies but none of the heat – you can use green, yellow and red peppers, too.*

**white fish** 4 fillets  
**oranges** 3 or 1 **pink grapefruit**, segmented  
**FISH RUB**  
**lime** 1, juiced and zest  
**garlic** 4 cloves, crushed  
**seasoning peppers** 5, julienned, or you can use 2 **green peppers**  
**celery leaf or flat-leaf parsley** 1 bunch, chopped  
**spring onions** 3, sliced  
**Madras curry powder or turmeric** 1 tsp (optional)  
**coconut oil or olive oil** as needed  
**CITRUS SOUSCAILLE**  
**onion** 1 medium, diced  
**garlic** 4 cloves, crushed  
**local herbs** like **coriander, parsley**, or **celery leaf** 1 bunch, chopped  
**yellow or green pepper** 1  
**Baron Green Seasoning sauce** 2 tbsp (available from amazon.co.uk and some Caribbean grocery stores)  
**limes** 2, juiced  
**white wine vinegar** 4 tbsp  
**coconut or olive oil**

■ Season the fish with salt and pepper. Combine all ingredients for the rub except the oil, then rub all over the fish. Put to one side.

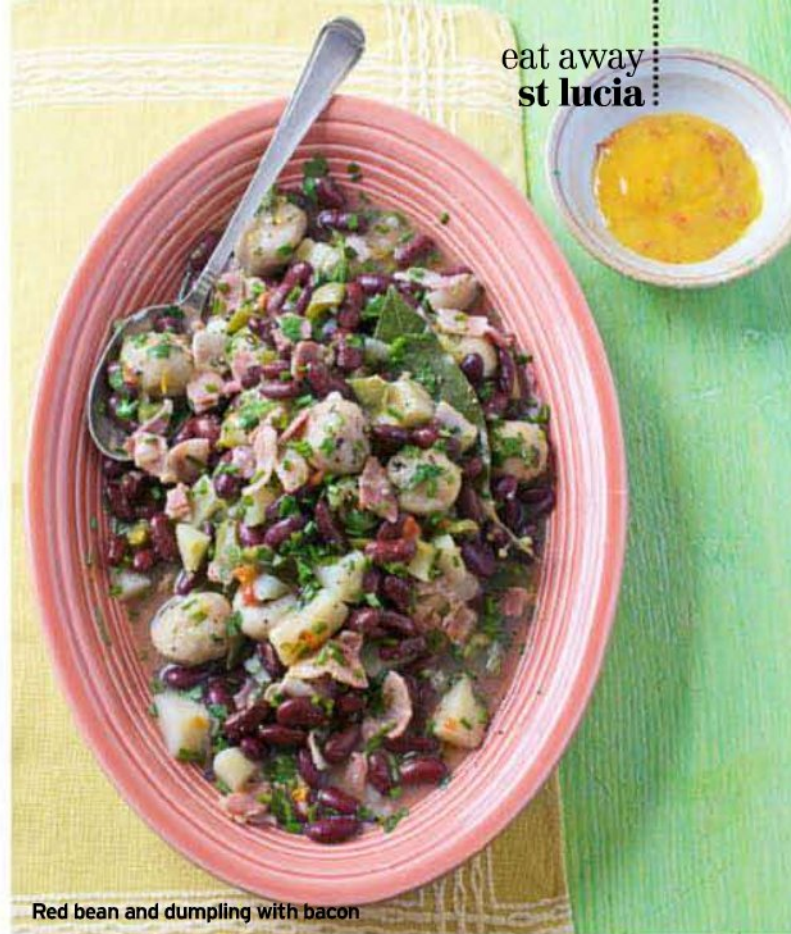
■ Prepare the souscaille by mixing the onions, garlic, herbs and pepper. Whisk in all liquid ingredients plus enough oil to help distribute the flavours.

■ Fry the fish fillets for 3-4 minutes on each side until cooked, depending on thickness. Put one on each plate and spoon over the souscaille and serve the segmented oranges on the side.

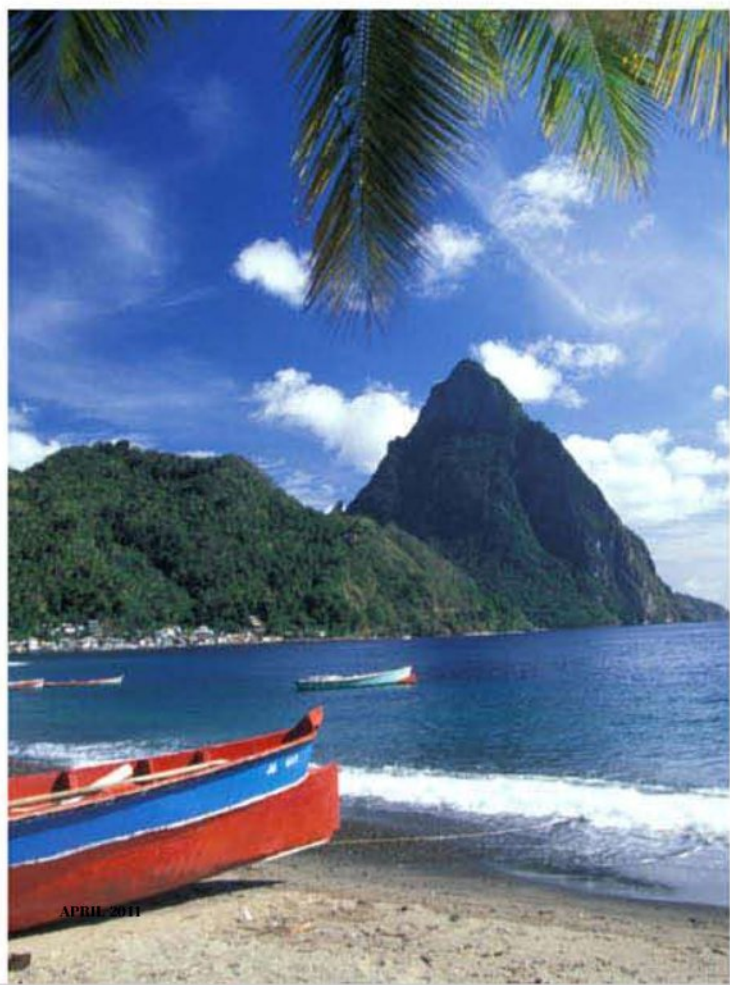




Pan-fried fish with citrus souscaille



Red bean and dumpling with bacon





## olive's guide to St Lucia

### EAT

★ **Ginnette's:** Eat barbecued fish, conch, chicken and pork in this friendly, no frills roadside restaurant outside Rodney Bay that's loved by locals and visitors alike.

★ Beachside **Aspara** is the East Indian-meets St Lucian restaurant at Anse Chastanet hotel. Choose mahi mahi marinated in mango pickle, cooked in the tandoor. (Ansechastanet.com)

★ **The Jade Club:** Seasonal, locally grown or caught ingredients make up the majority of dishes in Jade Mountain's chic dining room. Chef Jonathan Dearden's tasting menu showcases the hotel's farm produce, such as organic radish salad with micro-herbs, as well as local fish such as mahi mahi with roasted corn salsa. There are one or two cheffy foams but local and seasonal is key – even the palate cleansing sorbet uses shaddock (pomelo), a mild citrus fruit. (jademountain.com)

★ **Boucan** is the stylish restaurant of the Rabot Estate, the cocoa plantation owned by Hotel Chocolat (there's also an actual hotel). The menu features cacao in dishes as diverse as gazpacho, red snapper and even your pre-dinner bellini. (hotelchocolat.com)

★ The signature dessert at **Dasheene**, the beautiful open air restaurant at the Ladera resort is a rich chocolate mousse served in a cocoa pod. This is refined Caribbean cooking, including updated St Lucian dishes such as green papaya and pumpkin fritters, saltfish and green fig salad and lamb curry. (ladera.com)

★ Perched over the ocean, glamorous **The Cliff** at Cap Maison offers simple dishes such as roast red snapper with fennel, or smarter dishes such as lobster tortellini with curried mangoes. The cocktail deck, wine cellar and rum collection make this worth a special trip for lunch or dinner. (theciffatcap.com)

### STAY

★ Near Soufrière, in the south of the island, **Anse Chastanet** (doubles from \$203 per night; ansechastanet.com) was designed by its architect owner Nick Troubetskoy. Rooms have no fourth wall and many have open bathrooms to maximise the natural surroundings. There are four restaurants and a fantastic beach bar and barbecue on the hotel's private island, once a plantation. A dedicated vegetarian menu showcases what's grown on Emerald Estate, the organic rainforest farm shared with sister hotel **Jade Mountain** (doubles from \$586 per night; jademountain.com). Jade's ultra-chic rooms feature infinity pools, and an open wall to afford breathtaking views of the ocean. Chef Jonathan Dearden holds weekly cooking classes highlighting St Lucian produce and there are foodie events throughout the year.

★ Hiring a villa is a good choice if you want to try cooking the island's amazing produce. The four-bedroom **Villa Retreat** in Cap Estate near Rodney Bay, from £1,580 to £2,850 per week (holiday-rentals.co.uk).

★ **Villa Beach Cottages** (cvtravel.co.uk) offers affordable beachfront accommodation, sleeps two or four, from £1,269 per person including flights and transfers.

### GETTING THERE

British Airways (ba.com) and Virgin Atlantic (virgin-atlantic.com) fly to St Lucia from £565 return.

For more info visit stlucianow.co.uk or call the St Lucia Tourist Board on 020 7341 7000.

## Red bean and dumpling with bacon

1 hour ■ Serves 4 ■ EASY

*In St Lucia this dish is made with salted pig's tail, but bacon is a good substitute.*

**plain flour** 115g

**RED BEANS**

**onions** 1, diced

**green or yellow pepper** 1 large, diced

**garlic** 1 tbsp, chopped

**oil**

**celery leaf** 1 or ½ bunch of **parsley**, chopped

**soaked red beans** 225g, or use **kidney** or

**lima beans**, about 100g dried

**streaky bacon** 125g, chopped

**Baron Blazing Hot Pepper Sauce** (from amazon.co.uk and some local grocery stores)

**bay leaf** 1 fresh

**potato** 2, peeled and diced

**chives** to garnish

■ To make the dumplings, put the flour and ½ tsp salt in a bowl, add 75ml water and knead until combined. If there are dry spots, add more water. Knead the dough for about 10 minutes; when you push, it should leave an indentation. Roll out long strips and cut into 1cm pieces so they cook evenly.

■ Fry the onions, pepper and garlic in a little oil until translucent. Add the celery leaf, beans, bacon, a dash of hot pepper sauce, bay leaf and enough water to cover, and bring to a simmer. When the beans are tender (about 30-40 minutes) add the dumplings, bring back to a boil and add the potato. Boil until the dumplings and potato are cooked, about 10 minutes (add more liquid if you need to). Serve in a big serving bowl and sprinkle with chives.

## Fig vét é lanmowi' – green banana and salt fish

45 minutes ■ Serves 4-6 ■ EASY

*Green bananas have a similar texture here to potato in a potato salad. For an easier version, use tuna steaks, pan-fried then flaked, or tuna in oil in place of salted cod.*

**salted cod** 300g, salt and bones removed or

use 2 **tuna steaks**, or 2 x 185g **tinned tuna**

**seasoning peppers** 3 or 1 **pepper**, chopped

**spring onions** 2 bunches, sliced

**garlic** 3 cloves, finely chopped

**coconut** or **olive oil**

**green bananas** 6, boiled out of their skins for 10 minutes until tender or boiled in their skins (make 2 cuts along the length of the banana)

until cracked and tender

**tomatoes** 6, diced and seeds discarded

**Baron Blazing Hot Pepper Sauce** a dash  
**mayonnaise** 200g

**limes** 2, juiced

**herbs** 1 bunch, such as **coriander**, **parsley**, or **celery leaf**, chopped

■ Rinse any excess salt off the fish. Put the fish in a pan and cover with water, bring to a boil, then drain. Repeat this 2 or 3 times until the water is not salty; drain. Remove the skin and bones from the fish.

■ To make the salad, fry the peppers, spring onion and garlic in a little oil and season with black pepper. When the vegetables are soft but not browned, add the fish, green banana, tomatoes and a dash of hot pepper sauce. Cool mixture, then stir through the mayonnaise, lime juice and herbs.

## West Indian pumpkin and mango tart

1 hour 20 minutes + cooling

■ Serves 6-8 ■ EASY

**pumpkin** or **butternut squash** 375g, peeled and cut into equal size pieces

**cinnamon** 1 tsp

**nutmeg** 1 tbsp, freshly ground

**olive oil**

**sea salt**

**double cream** 250ml

**eggs** 2

**brown sugar** 110g

**vanilla extract** 1 tbsp

**plain flour** 75g

**baked shortcrust pastry** tart case

1 x approx 26cm

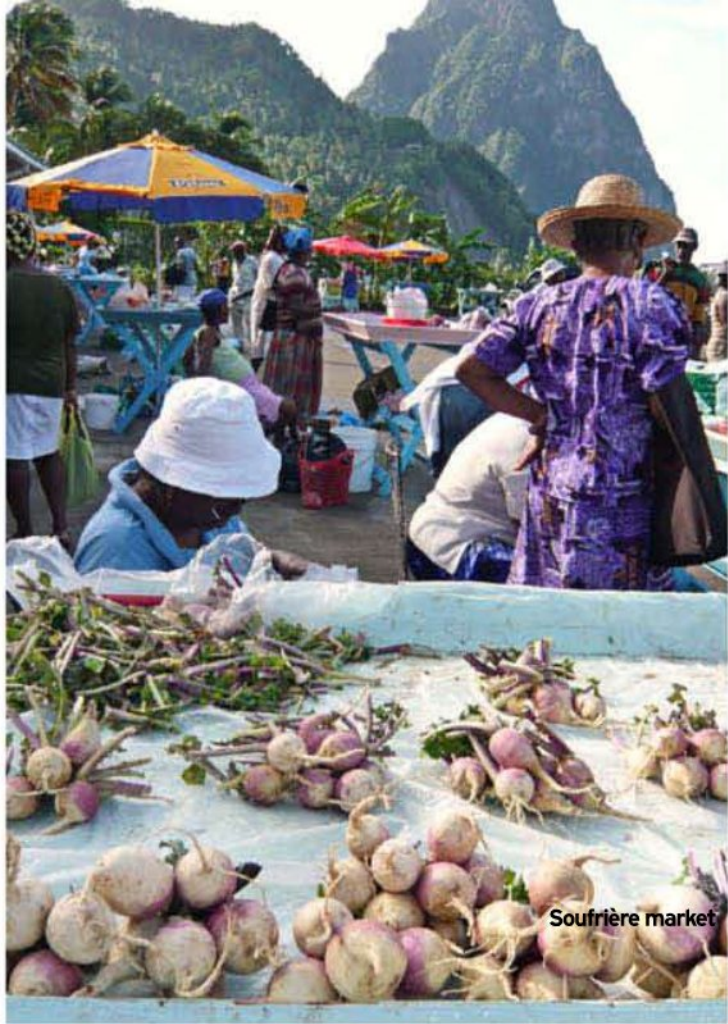
**mango** 1 large, diced

■ Heat the oven to 180C/fan 160C/gas 4. Toss the pumpkin, cinnamon and nutmeg with a drizzle of olive oil. Sprinkle with a little sea salt. Spread out on a baking sheet and put in oven for about 30-40 minutes or until tender.

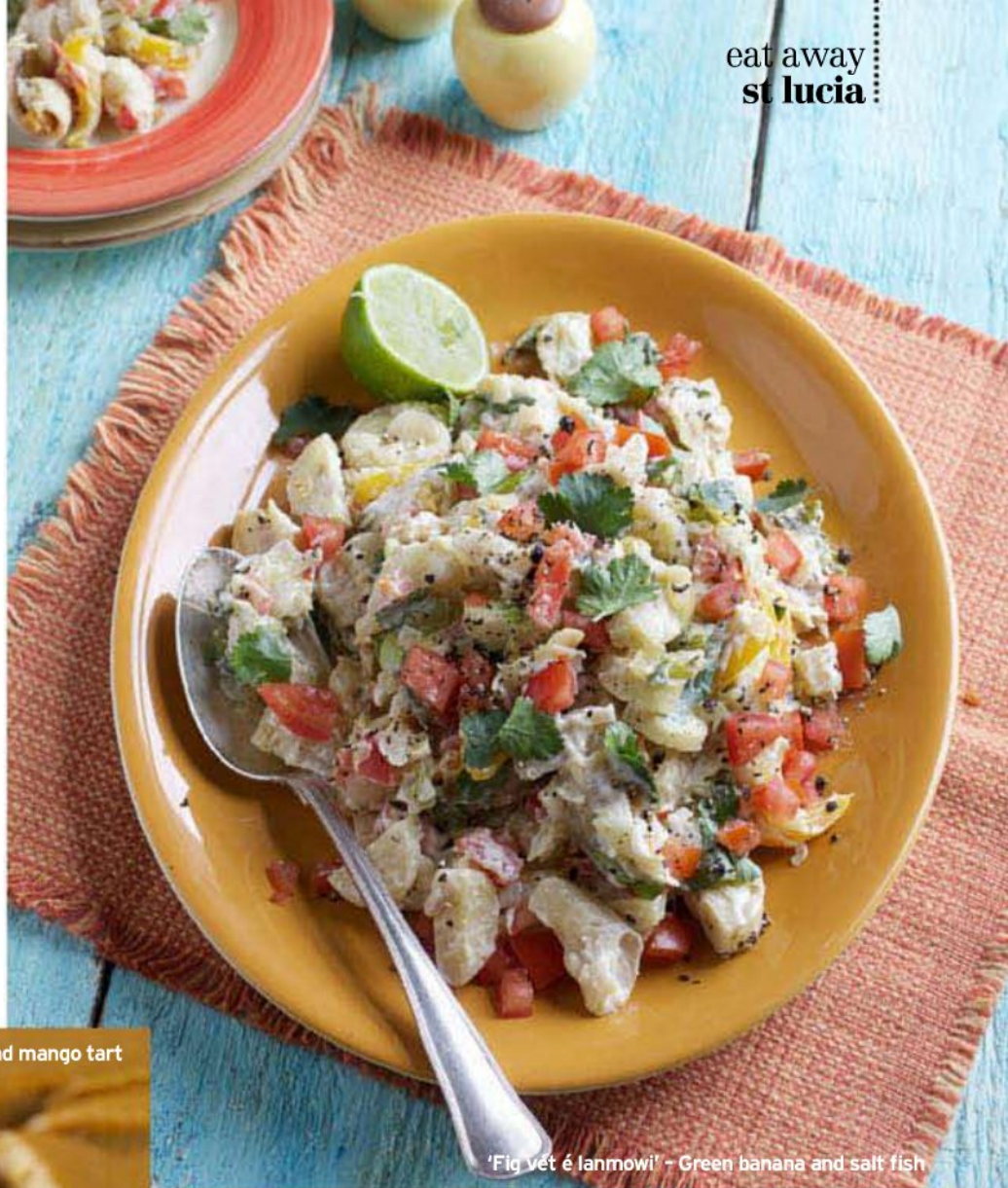
■ Purée the pumpkin in a processor; you may have to do this in batches. Meanwhile, bring the cream up to a boil. Add the hot cream to the pumpkin and mix.

■ Whisk the eggs with the sugar and vanilla extract until well combined and then mix into the pumpkin. Fold in the flour. Pour into the tart case and bake for 15 to 20 minutes until slightly firm. Serve at room temperature with whipped cream and mango, if you like.





Soufrière market



eat away  
st lucia

'Fig vèt é lanmow' - Green banana and salt fish



West Indian pumpkin and mango tart







# Postcard from Belfast

Marina visits Northern Ireland, finding a relaxed culinary renaissance and a covetable fry-up

Words MARINA O'LOUGHLIN Illustration MARK WATKINSON

Our little group is walking behind a long-dead chef. He drowned, apparently: you can tell by the crab and seaweed dangling around his neck and the lobster jammed in his toque. As we wander through the streets of Belfast, smiling locals wave hello: it seems that Barney, our expired guide, is a familiar sight.

It's a food tour, the kind of thing that normally brings me out in hives. But this one, called **Belfast Bred** and organised by the Kabosh theatre company, is terrific, informative fun, accessible to everyone, foodie or non-foodie. And it helpfully crosses off half-a-dozen places I'd earmarked as culinary highlights: pubs like **The John Hewitt** ([thejohnhewitt.com](http://thejohnhewitt.com)) where a devoted crowd of artists, musicians and, um, trade unionists enjoy butch dishes like beef, leek and Hilden Ale pie, or their famous seafood chowder. This handsome, frill-free alehouse is owned by The Belfast Unemployed Resource Centre – serving booze and good food seems to me to be a totally enlightened way to raise funds.

Or **Sawers** ([sawersbelfast.com](http://sawersbelfast.com)), a deliciously looney-tunes emporium bristling with provisions, some conventional – jams and chilli sauces, some less so – crocodile, green curry-flavoured crickets, chocolate-covered ants. Apparently, we're told, if you eat too much camel it makes you hyper. I'm in Sawers, get me out of here?

I like the pared-down, blackboard and tiles chic of the **Mourne Seafood Bar**

([mourneseafood.com](http://mourneseafood.com)) so much that we go back and eat whisper-light fried squid and Dundrum Bay oysters. So what if on our merry way we get heckled by a few local, erm, imbibers? It all adds to the atmosphere. We wind up in the city's magnificent **St George's Market**: this bustling Victorian landmark alone would make the tour worthwhile.

Belfast is emerging from the culinary doldrums like a carb-obsessed butterfly – oh, yes, all that stuff you hear about the Irish passion for bread and potatoes is entirely true and I love them for it. Typical of the renaissance is our hotel, **The Fitzwilliam** ([fitzwilliamhotelbelfast.com](http://fitzwilliamhotelbelfast.com)), with its funky-retro angles – geometric carpets, sixties-style sofas, cool lampshades – and bedrooms in the coolest colour schemes, fragranced with scented candles. The hotel's restaurant, **Menu**, is overseen by local celebrity chef Kevin Thornton; it's a see-and-be-seen joint, bristling with diners in best going-out garb. Our waitress, Fidelma, is a star, nonchalantly recommending the likes of mi-cuit (half- or semi-cooked) Glenarm salmon, or a splendidly kitsch and perfectly executed beef Wellington.

More show-offy fabulousness comes with superb cocktails at the grand, Corinthian-columned **Merchant Hotel** ([themerchanthotel.com](http://themerchanthotel.com)). This is the kind of 'wow' place that would come with a massive dose of attitude in any other major city, but here comes with sweetness and warmth, despite the seething hordes of the city's fashionable.

It's down several notches on the frenetic

scale (if you discount a kamikaze taxi driver) to **Lizzie's Kitchen** ([lizzieskitchen.co.uk](http://lizzieskitchen.co.uk)) in Lizzie Kennedy's serene house in the rolling countryside just outside town. Lizzie – a cordon bleu cook responsible for Northern Ireland's first

**'I love that even sober-looking businessmen tuck into the vino at lunch: this is my kind of city'**

ever cookery school – makes everything seem really simple: Irish soda and wheaten breads, kiss-light lemon and almond biscuits, an exquisite jam made from local raspberries ready in minutes. We come away toting an Enid Blyton-worthy picnic that doesn't last the night.

Of the city's haute hotspots, the one I love the most is **James Street South** ([jamesstreetsouth.co.uk](http://jamesstreetsouth.co.uk)), from *Great British Menu* favourite Niall McKenna (a really, really lovely chap). The handsome building, a former linen mill, is bursting at the seams with appreciative locals; I love that even sober-looking businessmen are tucking into the vino at lunchtime: this is my kind of city. The food is astonishingly good: inventive without being tricky – loin of pork with chicory, black pudding and foie gras jus; or smoky line-caught mackerel with black olive crumb, basil aioli and heritage tomato jelly. Yes, there are chips, but these are the crispest, fluffiest and most potato-ey chips I've eaten. There's ice-cream made from lavender and local delicacy yellowman (basically



Marina O'Loughlin, London newspaper *Metro's* restaurant critic, has remained incognito for 11 years. Marina travelled to and stayed in Belfast thanks to Tourism Ireland ([discoverireland.com](http://discoverireland.com)) and The Fitzwilliam Hotel ([fitzwilliamhotelbelfast.com](http://fitzwilliamhotelbelfast.com))

PHOTOGRAPHS: AXIOMPHOTOGRAPHIC.COM, 4CORNERSIMAGES.COM, RECIPE PHOTOGRAPH: GARETH MORGANS, STYLING: CYNTHIA INIONS, FOOD STYLING: REBECCA THOMAS.





Sawers offers some very out-of-the-way delicacies



Top-quality food is plentiful at busy St George's Market

honeycomb, like the inside of a Crunchie). But what's even more astonishing is that our lunch costs £16.50 for three courses. It's the sort of thing that makes London-dwellers like me gasp. There are even petit fours, for Pete's sake. How does Niall do it?

It would be criminal to leave the city without sampling the legendary Ulster Fry. **Café Conor** (cafeconor.com), sandwiched between the Ulster Museum and the Botanic Gardens, may be a bit

on the posh side for fry purists (it's a former artist's studio), but the fry – oh, my. Soda bread and potato bread, free-range egg, bacon, fat meaty sausages, black pudding...

Is this the best breakfast I've ever had? It's close. Despite being a lethal calorie-bomb, it's almost entirely greaseless; I post a snap of it on Twitter and get the most responses ever – mostly moans of unabashed lust. I'd come back to Belfast for this alone – as if I'd need an excuse.



### Lizzie's Kitchen's Irish soda bread

45 minutes ■ Cuts into 10 slices ■ **EASY**

*Make this into scones if you prefer – cook for 20 minutes only. Soda bread is best eaten the day it is made, or toasted the next day.*

**plain white flour** 450g  
**bicarbonate of soda** 1 tsp  
**sea salt flakes** 1 tsp  
**buttermilk** 400ml

■ Heat the oven to 240C/fan 220C/gas 9. Sift the dry ingredients together in a bowl. Make a well in the centre and pour in the buttermilk. Using your hand stir the milk into the mixture starting at the centre. You want a soft but not too sticky or wet dough. ■ Turn the dough onto a floured worktop. Knead gently and pat into a round shape. Cut a cross into the top about 2.5cm deep. ■ Bake for 15 minutes on a lower shelf and then reduce the oven to 200C/fan 180C/gas 6 for about 30 minutes or till the bottom of the bread sounds hollow when tapped.

■ **PER SERVING** 168 kcals, protein 5.6g, carbs 37g, fat 0.8g, sat fat 0.2g, fibre 1.4g, salt 0.84g



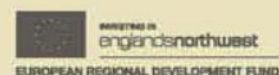


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**WIRRAL PENINSULA**



BUDGET and BLOWOUT guide to  

# Prague

From dim sum to modern Czech, Prague's restaurant scene is diversifying Words PAUL SULLIVAN



Gone are the days when dining in Prague meant gawping balefully at plates of stodgy dumplings. The city's restaurants are dynamic, and popular events such as May's Food Festival ([praguefoodfestival.com](http://praguefoodfestival.com)) and the Grand Restaurant Festival ([grandrestaurantfestival.cz](http://grandrestaurantfestival.cz)) confirm it as a foodie destination.

**TRUST olive** PAUL SULLIVAN is the author of *A Hedonist's Guide To Prague* and writes for the *Guardian*, *Independent* and *Telegraph*.

## BUDGET

## BLOWOUT

## LUNCH



\* Friendly **Home Kitchen** offers Czech-influenced home-style cooking in a café environment, serving breads and soups, £2.70, and mains such as duck breast and stuffed peppers. ([homekitchen.cz](http://homekitchen.cz))  
\* **Lehka Hlava** (pictured) offers good value, inventive veggie dishes in a colourful, quirky environment. The lunch special of soup and a main – such as red onion soup with peppers, and tofu burger in batter, vegetable couscous, roasted sweet potatoes, mango chutney dip and lettuce – costs just £3.80. The Mexican pinto salad, £5.10, and eggplant quesadillas, £4.80, are good too. ([lehkahlava.cz](http://lehkahlava.cz))



\* Head chef Jiří Štíft has created a fantastic menu at the Mandarin Oriental hotel's **Essensia** restaurant. Choose from a mix of beautifully presented Asian and Czech cuisine – try the weekend dim sum lunch, £35. ([mandarinoriental.com](http://mandarinoriental.com))

## DINNER



\* The sister restaurant of Aromi in Vinohrady, **La Finestra** (pictured) has the same rustic appeal and serves some of the best Italian food in the city. Try the grilled scallops with truffle potato purée and béarnaise sauce, £12.20, and slow cooked neck of pork with pear purée, prune sauce and potato fondant, £14. ([lafinestra.cz](http://lafinestra.cz))  
\* Homely and affordable locals' favourite **Stoleti** is run by a well-known Czech aristocrat. The food is simple yet inventive, such as spinach soufflé with horseradish sauce, £3.50, and Oskar Kokoschka – a turkey skewer with ham and apple horseradish, £5.30. ([stoleti.cz](http://stoleti.cz))



\* A slick interior and open kitchen set the scene for **La Degustation**. Go for the Dégustation Bohême Bourgeoise, £80: seven unforgettable courses based on recipes by 19th-century culinary star Marie B. Svobodová. ([ladegustation.cz](http://ladegustation.cz))

## DRINK



\* The dark and atmospheric cellar bar **Blue Light** (pictured) has graffiti-decorated walls and an extensive cocktail list. Try Klin Zrzky, a heady mix of vodka, Malibu, amaretto, orange curaçao, lime juice and multivitamin-packed juice, £4.80. ([bluelightbar.cz](http://bluelightbar.cz))  
\* Beer lovers will adore the **Prague Beer Museum**, not a museum at all, but a pub offering a unique selection of Czech microbrews. There are over 30 different types served, from pale ales to honey wheat beers. Try the Rebel Černý, a dark, slightly caramel tasting lager, 0.3 litre for 80p. ([praguebeermuseum.com](http://praguebeermuseum.com))



\* **Týnská Bar and Books** is a spin-off from Bar and Books' New York bars. Peerless cocktails and an extensive whisky list are served in a sumptuous, book-lined room. Try the rosemary and lychee champagne cocktail, £10.40. ([barandbooks.cz](http://barandbooks.cz))

## HOTEL



\* Built in the 17th century, the delightful **Dum u Velke Boty** (House at the Big Boot) lies in one of prettiest squares in Malá Strana. It's renowned for its friendliness, antique-filled bedrooms and generous breakfasts. Doubles from £95. ([dumuvelkeboty.cz](http://dumuvelkeboty.cz))  
\* For a designer edge, try **Maximilian** (pictured), sister hotel to the Josef, Prague's first boutique hotel. Designed by Czech architect Eva Jiricna, it has 71 modern rooms and an excellent spa. Five minutes from Old Town Square and a mere stroll from La Degustation (see dinner). Doubles from £89. ([maximilianhotel.com](http://maximilianhotel.com))



\* The **Mandarin Oriental Prague** is one of the city's top hotels. A former monastery, it's a mix of medieval architecture and modern luxury. It's also home to Essensia (see lunch). Doubles from £218. ([mandarinoriental.com](http://mandarinoriental.com))

## MUST DO



\* Buy quality picnic ingredients such as quiche, sandwiches and tarts, from £2.50 from French-style deli **Au Gourmand** (pictured). Catch the funicular railway to the top of Petřín Hill, where you can enjoy your feast while looking over the Old Town. ([augourmand.cz](http://augourmand.cz))  
\* Farmers' markets have been blooming since the launch of Prague's first last year. **Naplavka** is held every Saturday (8am–2pm) next to Palackého Bridge. Look out for local cheeses tvaroh (curd cheese) and bryndza (made from sheep milk), delicacies such as dried mushrooms from the Sumava forest and micro-beers.



\* Spend a whole day at **Prague Castle** – the largest ancient castle in the world – viewing everything from St. Vitus Cathedral to the Lobkowicz Palace. The latter has a café and restaurant with panoramic views of the city. ([lobkowiczevents.cz](http://lobkowiczevents.cz))



# INSIDER'S GUIDE TO Venice

Avoid the tourist traps and find the real Venice – Russell Norman shares the places that inspired him to set up his own Venetian-style restaurants in London

Words RUSSELL NORMAN Photographs MARK READ

**'My love affair with Venice started 23 years ago when I first visited the city as a student. But it wasn't till 13 years later when I started to go regularly with my wife Jules that I started to fall in love with its cuisine too. Venice has an appalling reputation for food, largely because the vast majority of restaurants churn out crowd-pleasing tourist fodder washed down with chianti from ghastly straw-clad bottles. But if you avoid the tourist traps and seek out the authentic back-street osterie and bacari (taverns and wine bars) the food is actually rather good. In some places, it is even excellent.'**

## EAT

■ **Ca' d'Oro**, known as Alla Vedova, is the osteria that most inspired my London restaurant Polpo. The small bar at the front is where locals stand and drink a small glass of regional wine, such as a flowery Bianco di Custoza from Lake Garda and eat the house speciality polpette (meatballs), just €1.50 each, and, oh my God, they're good. (Cannaregio 3912, Ramo Ca' d'Oro; 00 39 041 528 5324)

■ Neighbouring **La Cantina** is a little more modern. It has excellent local wines (ask for pinot bianco from Friuli for a really typical taste of the region, €3) and a show-stopping cheese and meat cold plate, €15. Ask owners Andrea and Francesco for their recommendations. (Cannaregio 3689, Campo San Felice; 00 39 041 522 8258)

■ Postage-stamp-sized **All'Arco** serves excellent cicheti (Venetian snacks, pronounced chi-KET-tee). Chat to father and son owners Francesco and Matteo and they'll get the good stuff out from

round the back – no joke! Depending on the time of year, you get lung, spleen, ricotta-stuffed zucchini flowers and tiny fried mozzarella sandwiches, from €1.50. (San Polo 436, Calle dell'Arco; 00 39 041 5205 666)

■ Seafood restaurant **Corte Sconta** is hard to find and its tiny entrance belies the generous, traditional interior but you get a lovely welcome from flame-haired owner Rita. Sit under the dappled sunlight in the inside courtyard and order the catch of the day, perhaps John Dory with orange and green peppercorns. (Castello 3886, Calle del Pestrin; 00 39 041 5227 024)

■ My favourite Venice restaurant is the tiny **Alle Testiere**, a short walk from St Mark's Square. The whole experience is exquisite, breathtakingly fresh, inspiring and unsurpassed in Venice. The décor is humble and simple and the wall shelves are cunningly constructed from brass bedsteads (testiere means 'headboard'). The menu is mostly verbal so you have to put yourself in owner Luca's capable hands and trust his recommendations. If they are available, I always order the razor clams, €19. (osteriaalletestiere.it)

## SHOP

■ Whenever I'm in Venice I shop at the stunning **Rialto Market** (Tuesday to Saturday), where you'll find fresh fish and fruit and veg so good that it puts every UK greengrocer to shame.

■ If you are a cheese fan, like me, you will die and go to heaven in **Casa Del Parmigiano**, family run since 1936 and packed to the rafters with excellent cheeses, meats and speciality produce. Buy Sicilian extra-virgin olive oil, €11.20



**TRUST olive** Russell Norman is the co-owner of Polpo and Polpetto, the popular Soho restaurants serving New York-style, Italian small plates. His inspiration came largely from the wine bars of Venice. His third restaurant, Spuntino, opened in March. (polpo.co.uk; polpetto.co.uk; spuntino.co.uk)

per 0.5lt. (aliani-casadelparmigiano.it)

■ **Cantinone Gia Schiavi** is a cavernous wine shop that is an essential stop to stock up on local varieties and Italian bitters and spirits. I always take home a bottle of Cynar – a delicious, slightly bitter digestivo made from artichokes, €10.90. Come in the afternoon for crostini, from €1, and superb homemade bacala (whipped salt cod), €3. (992 Ponte San Trovaso; 00 39 041 5230034)

## DO

■ Travel like a local on a traghetto, decommissioned gondolas that ferry you across the Grand Canal at various points. The handiest one shuttles between a jetty beside the huge red curtains at Rialto Market and Ca' d'Oro on the other side. For 50c you get the best view of the canal and palazzi.

■ For great people-watching, go to Campo Santa Margarita. Look for the small caffè in the middle painted red (known locally as Bar Rosso but not marked as such) and get a table outside. Order spritz (the local aperitivo of wine, soda and Campari), €1.80 standing or €2.40 sitting, and watch the world go by.

■ I love the unnamed bookshop in a small alley off Calle Lunga S. Maria Formosa, opposite Osteria alla Mascaretta. You could easily get lost for hours amongst the second-hand cookbooks and vintage maps and posters. I bought an old map of Venice here about two years ago for €25.

## SLEEP

■ Venice is divided into six sestiere. For a truly authentic feel of the city stay in Dorsoduro. **La Calcina** is a delightful pensione here with traditionally furnished rooms, many of which have fantastic views of the Giudecca canal. Doubles from €180. (lalcina.com)

■ Next-door is **Pensione Seguso**, my new favourite. It has oodles of charm, beautiful furniture, ancient mirrors and Murano glass chandeliers. Doubles from €140. (pensioneseguso.com)

■ **Locanda Montin** is situated on a blissfully quiet minor canal. Internally it is adorned with paintings of the artists who have stayed there and photos of visiting film stars and politicians too. The rooms are basic and unglamorous. It's a real slice of yesteryear. But beware; the owners and staff are famously grumpy. Doubles from €120. (locandamontin.com)

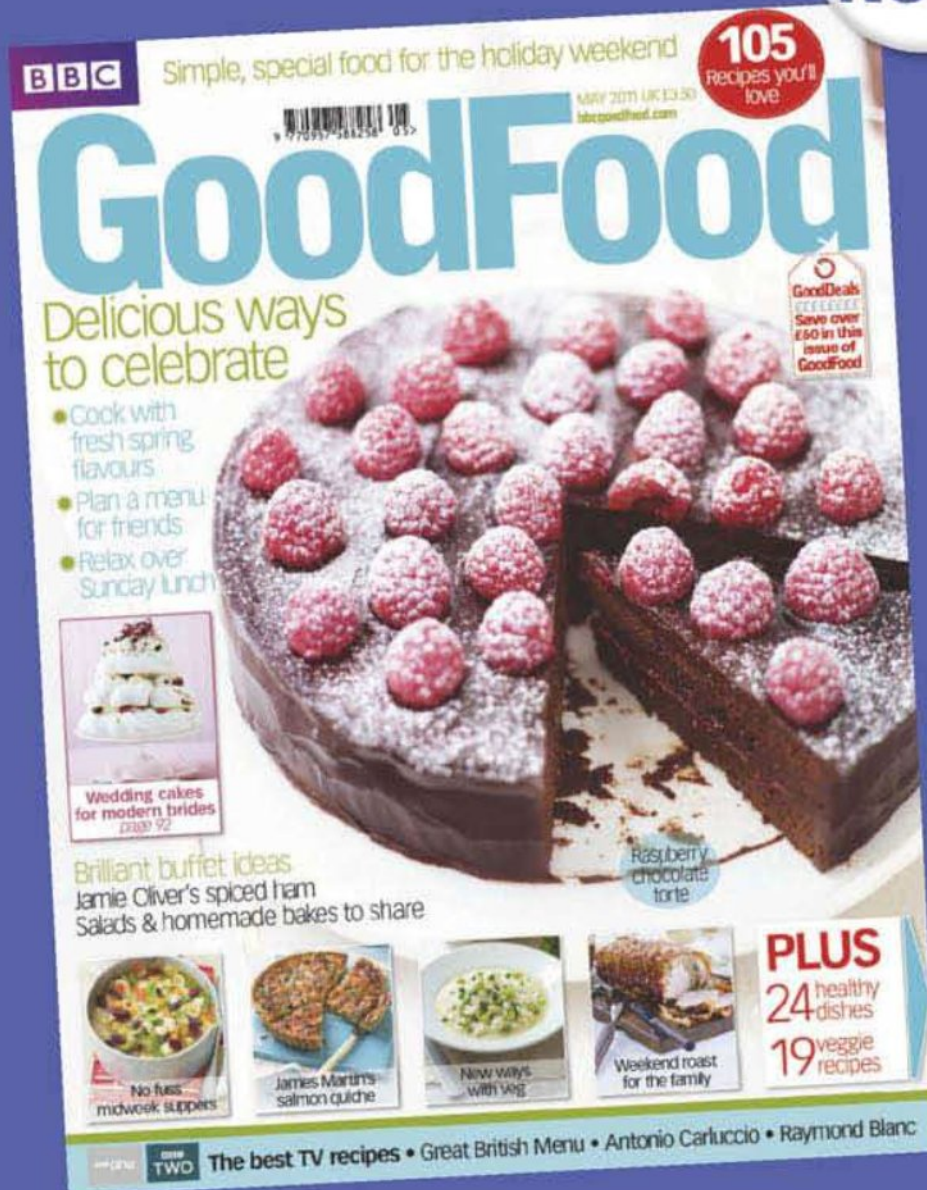






# Food for friends

ON  
SALE  
NOW!



READY IN  
**30**  
MINS



## Indian minced lamb skewers

SERVES 4 • PREP 15 mins • COOK 15 mins  
**Easy** Skewers can be frozen uncooked

- 500g pack lean minced lamb
- 1 onion, finely chopped
- 3 tbsp curry paste (we used korma)
- small bunch coriander, chopped
- 150ml pot fat-free yogurt
- 2 tbsp chopped mint
- 1 garlic clove, crushed
- 120g bag herb salad
- 2 Indian-style breads, such as naan

- 1 Heat oven to 220C/200C fan/gas 7. In a medium bowl, combine the lamb, onion, curry paste and most of the coriander with some seasoning. Press 2-3 tbsp of the lamb around skewers to form kebabs and transfer to a baking tray.
  - 2 Cook for 15-20 mins until cooked through. Mix yogurt, mint and garlic. Warm breads following pack instructions and serve with leaves, remaining coriander, skewers and yogurt.
- PER SERVING 465 kcals, protein 31g, carbs 36g, fat 23g, sat fat 10g, fibre 2g, sugar 7g, salt 1.75g

## IN THIS ISSUE

- A week of veggie suppers
- New! Healthy section
- Gorgeous wedding cakes
- John Torode's best burgers
- Stylish food to share

For more easy, seasonal recipe ideas, visit [bbcgoodfood.com](http://bbcgoodfood.com)



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# Overnight expert

Smart ways to boost your food knowledge and improve your culinary skills

Words CHARLOTTE MORGAN and LULU GRIMES

## COOK LIKE A PRO

### CHEF'S INGREDIENTS PINK PRALINES

Currently taking a starring role in fashionable restaurant kitchens are pretty, crunchy pink pralines (aka pralines roses) made of almonds in a tooth-cracking sugar shell.

A classic in Lyon, where they are used to fill tarts or are used as decorations on patisserie and desserts, they are the new darling in New York and London bakeries, where they add a shot of neon pink to macaroons, brioche and pastries. You'll find them decorating the floating islands at Les Deux Salons (and Arbutus and Wild Honey), with the hazelnut parfait at Café Luc, and Claude Bosi has, in the past, turned their sweetness to advantage in a crust on roast pigeon. You can buy them in some delis and chocolate shops or in industrial quantities (they will last for ages) from [msk-ingredients.com](http://msk-ingredients.com), £19.99 for 500g. (You could buy the crushed ones to save your food processor blades.)

**How to use** Crush and sprinkle them onto meringues before baking, use to decorate cheesecakes, bake them into the top of chocolate brownies, sprinkle them onto puff pastry and make twists.

**Pink praline tarts** Blind-bake 8 jam-tart-sized **pastry cases**. Whisk 1 **egg** with 75g **golden caster sugar**, 25g melted **butter**, 1 tbsp **ground almonds** and 2 tbsp **double cream**. Add 50g smashed **pink pralines**. Spoon into the tarts and bake for 15 minutes at 180C/fan 160C/gas 4 until slightly puffed and cooked through. 🍪



**IN THIS ISSUE** \* Tony Conigliaro's Bloody Mary **PAGE 112** \* Roast lamb masterclass **PAGE 113**  
\* Microwave 101 **PAGE 114** \* Natural wines **PAGE 116** \* Ask **olive** **PAGE 117**  
\* Chef's skills: preparing mackerel **PAGE 118** \* Joanna Blythman on food safety **PAGE 121**



## EVOLUTION OF THE MODERN COCKTAIL

### THE BLOODY MARY TONY CONIGLIARO EXPLAINS HOW TO BRING CLASSIC COCKTAILS BANG UP TO DATE

A comforting drink, a good Bloody Mary is the ultimate pick-me-up after a night of excess. The exact beginnings of the Bloody Mary are shrouded in debate, but none can argue with its position as the king of Sunday lunch drinks - this companionship stems from the flavour match between horseradish, beef, pepper and tomato.

For a bartender, the parameters of working with a savoury drink are challenging. Many bars like to experiment with a variety of ingredients - sometimes obscure - that can transform their house Bloody Mary into a destination drink. The secret to a tasty Bloody Mary is a thick tomato juice, which can sometimes be hard to find, as supermarkets often only stock tomato juice from concentrate (Tesco has pressed tomato juice, £1.60/litre, tesco). I like to taste clean, linear flavours that leave you with a feeling of freshness, and I find the more traditional ingredients of a Bloody Mary satisfy this requisite: Worcestershire sauce, pepper, celery salt, Tabasco and a little citrus. The most piquant garnish for the Bloody Mary I've ever tried is the New-Orleans-style pickled runner bean!

For the Colebrooke Row Bloody Mary, I redistill vodka with fresh horseradish in a vacuum still. A good tip for those averse to horseradish is to replace the vodka with Shochu (a distilled Japanese beverage), such as Kigo, which has a softer flavour but provides umami, resulting in a drink full of texture and richness. I make my own celery salt (to avoid unnecessary additives) by grinding celery seeds and rock salt, and I make my own version of Tabasco sauce by sous-vide cooking chillies for a cleaner, more refined chilli hit.



**Tony Conigliaro** is a pioneering molecular mixologist. His latest venture, **The Bar With No Name** in north London, has a lab upstairs and a bar downstairs, where Tony showcases his inventions. ([69colebrooke.com](http://69colebrooke.com))

## CLASSIC COOKBOOKS

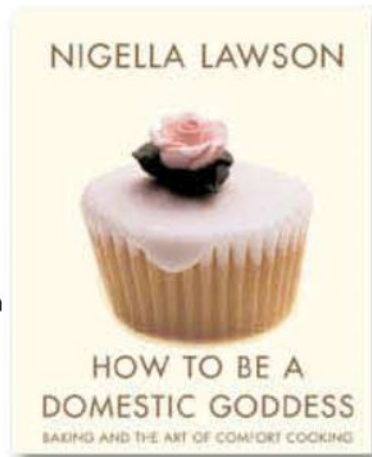
### *How to be a Domestic Goddess* by Nigella Lawson

Baking was not cool 10 years ago. Nobody took cupcakes to cocktail parties, and there was a distinct lack of celebrity chefs whipping up trays of brownies on telly.

Who, then, transformed us into a nation obsessed with cake, cake, cake? Nigella Lawson is partly to blame. Published in 2003, her second cookbook introduced a brand-new style of cake-maker to the culinary scene - the domestic goddess.

A goddess would revel in the art of baking. She would whip up a batch of Norwegian cinnamon buns in the afternoon, then spend the rest of the day trailing spiced wafts, occasionally coming to rest on a chaise longue. Pure fantasy.

Back in the real world, this is a book of rather useful and surprisingly simple recipes - a divine Italian cheesecake calls for only four ingredients, the plainest of plain Madeira cakes is one of the most upstanding baking recipes of all time and the lemon-syrup cake is a corker. Rather like Delia on eggs, Nigella has become a recognised cake expert as a result. (BBC Books, £18.99, **olive** offer £16.99 with free UK p&p. For **olive** book offers, call 01872 562313)



## MEDIA MUST-HAVES



**TWITTER: @FOODISTA** is awash with culinary trivia and recipe ideas. We love their #Kitchen tips, #DailyQuote and #FoodHistory tweets - how else would we know Mr Mars launched the Snickers bar on 5 February, 1930?



**BLOG: MILDREDS RECIPES** Soho's veggie hotspot Mildreds is always buzzing and now you can make the recipes. Head chef Daniel Acevedo and chef Sarah Wasserman regularly update [mildredsrecipes.blogspot.com](http://mildredsrecipes.blogspot.com).



**APP: FINE DINING WITH THE MASTERCHEF** A classy iPhone app from Michel Roux Jr, with wine advice from Le Gavroche's head sommelier David Galetti, exclusive video footage and dinner party tips (£4.99).



# MASTERCLASS

**olive's** food director Lulu Grimes shares her cooking secrets



Lamb is one of Britain's great ingredients and particularly popular at this time of year. At the start of the season in May it is very young and tender, whereas in summer and

autumn lamb will have a stronger, almost musky flavour. Spring lamb benefits from flavourings such as garlic and green herbs, and responds well to quick-roasting; older

summer lamb can stand up to Indian, Moroccan and Middle Eastern spices better, and barbecues and slow-roasts well. Lamb also differs in flavour and texture depending on what breed it is and where it was raised; salt-marsh lamb, for example, has a distinct sweet flavour. If you don't want to push the flavourings into the flesh, you can whizz the garlic and lemon to a rough paste, rub it onto the lamb and tuck the bay leaves around the leg when you roast it.

## THREE VARIATIONS

- \* Swap the bay leaves for anchovies and push a piece into each incision along with the lemon and garlic.
- \* Whizz a handful of fresh oregano with the lemon, garlic and a little oil to make a paste - rub this into the incisions and over the skin.
- \* Slow-cook the lamb at 150C/fan 130C/gas 2 for 3 hours; wrap it in a large sheet of baking parchment or foil to seal in the juices. 🌿

## Roast lamb with lemon and bay

2½ hours ■ Serves 6 ■ **EASY**

**leg of lamb** about 1.7kg

**garlic** 2 whole bulbs plus 5 cloves

**lemons** 3

**POTATOES**

**bay leaves** 8

**Pink Fir Apple** or **Ratte potatoes**

200g, halved

**flat-leaf parsley** a handful, finely chopped



■ Heat the oven to 200C/fan 180C/gas 6. Put the lamb on a board, rub a little olive oil all over the surface and season well. Pierce the skin 20 times with a small, sharp knife to make incisions about 2cm deep. Peel the garlic cloves and quarter them lengthways, pulling out any green bits. Peel some thick strips of zest off 1 of the lemons and cut them into 20 smaller strips, small enough to stuff into the incisions. Cut 4 of the bay leaves into similarly sized pieces. Push a piece of bay, a strip of lemon and a quarter piece of garlic into each incision.

■ Put the lamb in a roasting tin, halve the garlic bulbs and put them beside the lamb. Quarter the remaining 2 lemons and put them beside the garlic. Add the potatoes, season around the lamb and tuck in the remaining bay leaves. Squeeze the juice from the zested lemon over the lamb and potatoes and add a good drizzle of olive oil.

■ Roast for 1 hour 15 minutes for medium rare, 1 hour 30 minutes for medium and 1 hour 45 minutes for medium/well done. Rest for ½ hour before carving. Lift the garlic and lemon out of the tin, then stir the parsley into the potatoes. Arrange everything on a platter to serve.

■ **PER SERVING** 456 kcals, protein 43.7g, carbs 8.6g, fat 27.7g, sat fat 10.8g, fibre 1g, salt 0.25g







## UNUSUAL PAIRINGS ASPARAGUS + PEANUT

Add a salty bar snack to a freshly cooked asparagus spear and, perhaps surprisingly, both ingredients come out of the equation well.



### Snack: Tofu & Asparagus w/ Satay Sauce

By vegangela - Published October 6, 2011 at 2:58 PM  
From [www.vegankitchen.com](http://www.vegankitchen.com)

Monday night, I was craving for something to munch on while watching a movie or series. I didn't want to eat a salad or something completely healthy. I had some leftover ground beef from the [Cajun Spiced Beef](http://www.vegankitchen.com) I had made earlier in the week, so I decided to lightly fry some slices of firm organic tofu, and quickly steam some asparagus spears. Crispy tofu and sauteed asparagus, drenched in a light peanut sauce was the perfect late Friday-night snack.

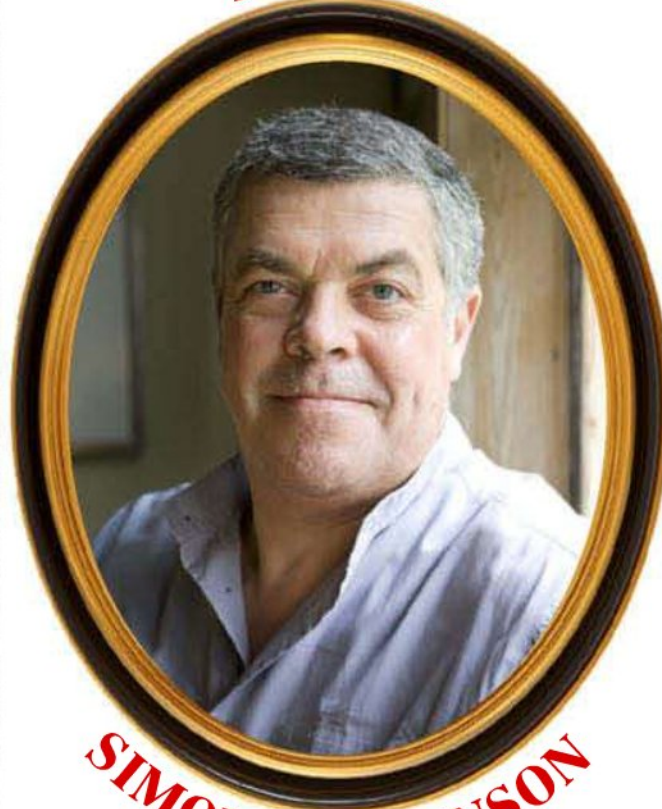


■ The simplest recipes dress steamed spears with a peanut sauce - American blogger Katie ([fortunavirilis.blogspot.com](http://fortunavirilis.blogspot.com)) makes hers from peanut butter, peanut oil, lime juice and soy sauce. Betty of [bettyskitchen](http://bettyskitchen.com) (5min.com/bettyskitchen) peeps up her hollandaise with crushed peanuts when serving it with asparagus.

■ Niki Segnit, *The Flavour Thesaurus* author, also praises the match and recommends adding 100g chopped roasted unsalted peanuts to a dressing of 3 tbsp oil, 3 tbsp lemon juice, 2 tbsp soy sauce and a pinch of sugar before pouring it over simply steamed spears. Vegangela ([vegangela.com](http://vegangela.com)) has a tofu with asparagus and satay sauce recipe, a good vegan starter.

■ But if you fancy something more substantial, give Alan Hewitt's asparagus and peanut strudel a whirl ([internationalrecipes.net](http://internationalrecipes.net)). It's a great way to use up leftover filo pastry - the only other ingredients called for are an onion and grated cheese.

## HEROES



SIMON HOPKINSON

Simon Hopkinson's contemporaries are more than willing to proclaim his genius. His 1994 cookbook *Roast Chicken and Other Stories* has appeared on numerous best cookbooks lists and Fergus Henderson of St John fame has described it as 'an inspiration to us all'. The book's usefulness is proven by its dishevelled appearance in kitchens across the country - stained and held together by elastic bands. The 40 alphabetised chapters of *Roast Chicken* celebrate unsung ingredients and recipes (including 'poor old quiche') and prompt you immediately to head for the kitchen. It's a bookshelf essential alongside the Smiths, Steins and Slaters, despite never having being made into a TV series - although Simon will have a series on BBC One in May: *The Good Cook*.

His similarly inspiring columns for *The Independent* were collected in a book, *Week In Week Out*, and he's still writing: *The Vegetarian Option* (out soon in paperback) is a compelling celebration of meat-free eating. It's a shame that the 'best cook in Britain' isn't cooking for the public anymore. His career as a chef - from teenage apprentice, to Egon Ronay star at 21, to London acclaim at Hilaire and Bibendum - ended when he'd simply had enough of it 16 years ago. But although it's a loss for diners, his writing has made us way, way better at cooking.

## MICROWAVE 101

### 3 brilliant ways to use your microwave

- **Toasting nuts** This takes a fraction of the time it does in the oven, so you can easily keep an eye on them. Sprinkle the nuts in a microwaveable plate in a single layer (if you are adding flavourings or oil, do this first). Microwave in short bursts, stirring every now and then, and keeping watch all the time.
- **Cooking squash or peppers quickly** If you're short on time, skip pre-cooking veg in the oven - microwave it instead. Halve and deseed squash and peppers, put the halves back together and microwave in blasts of 2 minutes until they are soft and cooked through.
- **Cooking poppadoms** No need for oil, just put an uncooked poppadom on the microwave turntable and a minute on the clock, start the oven and press stop the minute it looks as if it has finished puffing up.



## GASTRONERD SEA-BUCKTHORN

Small astringent orange berries with a tart-sweet flavour much loved by foragers. It is used to flavour cocktails and puddings such as the posset on the menu of Hix Soho. You can find bottles of the juice in some health food shops.





## SHOP LIKE A PRO ARTISAN CHEESE

Smart shoppers know that Farmhouse cheese is a clever, flavoursome choice on their board

**Cornish yarg** Delicately wrapped in a thin quilt of nettle leaves, yarg is as distinctive in its appearance as it is in its taste. The semi-hard cow's milk cheese is as creamy as brie under the rind, but adopts the crumbliness of Wensleydale the closer you get to its core. It is the all-important nettle coat that gives yarg its slightly mushroomy flavour. Lynher Dairies has won four awards each for their original Cornish and wild garlic yargs (£15.95/900g, [lynherdairies.co.uk](http://lynherdairies.co.uk)).

**CORNISH YARG TOASTS** Mix 100g grated yarg with 2 tbsp double cream and ½ tsp honey. Spread on toast and grill until bubbling; drizzle with more honey if you like.

**Childwickbury goat's cheese** From feeding her 40-strong herd on homegrown hay to wrapping the end product, goat's cheese producer Elizabeth Harris is a one-woman cheesemaking machine. She's based in the tiny Hertfordshire hamlet of Childwickbury and insists that the land there gives the goat's milk a unique flavour. It's rich, creamy, ever so slightly sweet and completely lacking in the usual tart and tangy aftertaste of your average goat's cheese (£6.90/200g, [nealsyarddairy.co.uk](http://nealsyarddairy.co.uk), or at the St Albans Farmers' Market, held every second Sunday of the month).

**WRAPPED GOAT'S CHEESE** Put good spoonfuls of goat's cheese at the end of a strip of prosciutto or blanched wild garlic leaf, season well, add some chopped toasted walnuts and a sweetish chutney and wrap into a parcel. Serve on just-toasted sourdough so the warmth gets through to the cheese.

**Crozier Blue** One of the relatively few Irish sheep's milk cheeses, Crozier Blue is salty, creamy and nutty. It's a farmhouse cheese from County Tipperary and, although it's blue-veined, it's not very strong and wouldn't fight with milder types on a cheeseboard (£7.50/250g, [teddingtoncheese.co.uk](http://teddingtoncheese.co.uk)).

**BLUE CHEESE STEAKS** Cut a deep slit into the side of a steak and push in a slice of Crozier Blue. Leave to come to room temperature. Heat a pan to very hot, oil the steak and cook for 3-4 minutes on each side or until the cheese just begins to melt. Rest for 10 minutes before serving. 🍷







## OLIVE OF THE MONTH GORDAL OLIVES

Big, fat and fleshy, these Spanish olives are a perfect match for a chilled glass of manzanilla sherry.

£21.85 for 5kg, [delicioso.co.uk](http://delicioso.co.uk)



### GADGET GURU VEG PEELER

At £1.99 each, these plastic-handled veg peelers are one of the best value-for-money pieces of kitchen kit. Peelers work long and hard over the winter on tough, knobbly root veg, so it's probably time to invest in a new sharp blade for the spring. [Lakeland.co.uk](http://Lakeland.co.uk)



### SOMMELIER SPEAK 'NATURAL WINE'

Natural wines are becoming increasingly popular, though there's no clear definition of what the term 'natural' really means. Broadly, it includes wines made from organic and biodynamic grapes, and those made with the minimum of additives like sulphur dioxide. Find out more at the first Natural Wine Fair, Jubilee Market, Borough Market, London, Sunday 15 May, 10-6. Tickets £18, inc. tasting glass, [thenaturalwinefair.com](http://thenaturalwinefair.com). Natural Wine Fortnight is 9-22 May.



### CUPBOARD LOVE SWEETCORN

Five ways to use that tin in the storecupboard

- **Spicy salsa** Combine a small tin of drained **sweetcorn** with a finely chopped **garlic** clove, freshly chopped **parsley**, a finely chopped **chilli** and a finely chopped **red pepper**. Pour over 2 tbsp **olive oil** and 2 tsp **lemon juice**, season with salt and pepper and chopped **coriander**.
- **Brunch fritters** Mix 100g **plain flour** with ½ tsp **baking powder** and some seasoning. Crack an **egg** into a well in the middle and gradually beat in 150ml **milk** to form a batter. Add a small tin of drained **sweetcorn** and some chopped **spring onion**. Fry spoonfuls of the mixture until golden on each side and serve with grilled **tomatoes** or a cheeky slice of **bacon**.
- **American diner-style creamed corn** Simmer a small tin of drained **sweetcorn** in 60ml **milk** until the kernels are tender (about 5 minutes). Remove from the heat, mash briefly, then stir in 75g **soft cheese** and some freshly chopped **chives**. Season and serve.
- **Corn, spinach and bacon chowder** Fry 2 chopped rashers **bacon** in a little **olive oil**, add a large peeled chopped **potato** and 3 sliced **spring onions** and fry for a minute. Add 400ml **milk** and 300ml **chicken stock** and bring to a simmer. Stir in a drained tin of **sweetcorn** and cook for 5 minutes or until the **potato** is tender. Finish with a handful of **spinach leaves** and some **smoked paprika**.
- **Cheese, chilli and corn scones** Sift 200g **self-raising flour** into a bowl, add 50g grated **butter** and rub it into the flour. Stir in 75g grated **cheddar**, a pinch of **chilli flakes** and a small tin of well-drained **sweetcorn**. Add 150ml **milk** and bring the mix together. Pat out to 2cm on a floured surface and stamp out rounds, bake at 200C/fan 180C/gas 6 for 15 minutes until risen and cooked.



## ASK olive

WRITE TO THE olive EXPERTS AT [oliveletters@bbc.com](mailto:oliveletters@bbc.com)

**Could you suggest a sauce to accompany venison ravioli?** Alan Duffin

**LULU** Venison has such a rich flavour, so I'd keep it simple. Italian delis often sell mustard fruits (frutti di mostarda) - thinly sliced, these would go very well. Or fry sage leaves in a little butter, toss in the ravioli and add finely grated parmesan. Some wilted cavolo nero dressed with olive oil and a squeeze of orange juice would also counteract the richness.

**What is the latest wisdom regarding screwcaps for wine?** Jacqueline Paller

**VICTORIA** This is quite a minefield of controversy, Jacqueline. The first thing to say is that not all screwcaps are equal - they have different liners, some of which are more permeable (so allow more oxygen flow) than others. Supermarket buyers and winemakers seem to love the screwcap and I'm one of the few to complain about its increased use. Here's the problem: wine under screwcap can sometimes suffer from a fault known as reduction, which - depending on how bad it is - can make it smell of burnt rubber, or like

a just-struck match, or faintly metallic with a loss of fruity smell. If a winemaker is careful and treats his wine properly, this can be avoided. Too many don't, and as a result, the wine tastes half-dead. There's no way of knowing until you open it whether the wine is reduced or not, which is why I approach wines I don't know under screwcap with suspicion.

**Can you recommend a Michelin-starred restaurant and a tapas bar in Santander?**

John Farrar

**ALISON** Santander is the capital of Spain's rugged northern coastal region of Cantabria. Excellent tapas and authentic Cantabrian dishes can be had at **Zacarias** (Hernán Cortés 38; 0034942210688). Michelin-starred **El Serbal** ([elserbal.com](http://elserbal.com)) is the best smart restaurant in town.

**Where's good to eat in and around Folkestone, Kent?** Jessica Wilson

**JESSICA** Former Gordon Ramsay right-hand man Mark Sargeant is opening two restaurants in Folkestone harbour in May,



COOKING  
LULU GRIMES



RESTAURANTS  
JESSICA GUNN



WINE  
VICTORIA MOORE



TRAVEL  
ALISON BOWLES

**Rocksalt** and **The Smokehouse** - visit [rocksaltfolkestone.co.uk](http://rocksaltfolkestone.co.uk) for details. Elsewhere in Kent, try the atmospheric **Cullins Yard** in Dover for uncomplicated but well-executed local fish dishes such as baked butterflied seabass (mains from £11.45; [cullinsyard.co.uk](http://cullinsyard.co.uk)). For fine dining but relaxed surrounds, head to the **Marquis at Alkham**. You'll find plenty of local Kent produce in refined dishes such as cherrywood smoked breast of Godmersham pheasant. (Three courses: lunch £22.50, dinner £42.50; [themarkisatalkham.co.uk](http://themarkisatalkham.co.uk)). On the north Kent coast in Oare, don't miss **The Three Mariners**, a cosy pub with hearty British dishes and an amazing value three-course lunch (Tue-Fri) for just £11.50 ([thethreemarinersoare.co.uk](http://thethreemarinersoare.co.uk)). In Deal, try **The Black Douglas Coffee House** - a snug place for brunch or tea ([blackdouglas.co.uk](http://blackdouglas.co.uk)).  
\* **YOUR LOCAL KNOWLEDGE**  
**Emmizyky** **The Goods Shed** at Canterbury West rail is amazing. ([thegoodshed.net](http://thegoodshed.net))  
**The IB Sisters Gooxies** on Rendezvous St, Folkestone, has hot chocolate with caramel and Flake to die for. ([gooxies.co.uk](http://gooxies.co.uk))

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# CHEF SKILLS

## Preparing mackerel

Sushi chef/restaurateur Silla Bjerrum shows step-by-step how to fillet and prepare mackerel for an elegant Japanese-style salad

Recipe SILLA BJERRUM Photographs DAVID MUNNS



### Mackerel sashimi salad

30 minutes + salting and marinating

■ Serves 4 ■ **EASY**

*The salting and marinating of the mackerel will give a firmer, almost 'cooked' texture to the fish but you are really eating it raw, so it's important to get the freshest fish you can. Tell your fishmonger how you plan to prepare it. Find sushi seasoning, wasabi and yuzu in some health food shops, Japanese supermarkets or buy online at [japancentre.com](http://japancentre.com).*

**whole line-caught mackerel** from a sustainable source, 2 large, gutted  
**coarse sea salt** 100g  
**sushi seasoning** 200ml  
**soy sauce** 4 tsp  
**mixed baby leaves** 100g, washed  
**pink grapefruit** 1  
**podded edamame (soy) beans** 120g  
**YUZU VINAIGRETTE**  
**yuzu juice** 2 tbsp  
**sushi seasoning** 1 tbsp  
**wasabi paste** 1 tsp  
**sweet chilli sauce** 1 tsp  
**sunflower oil** 80ml  
**olive oil** 40ml

■ Prepare the mackerel following the instructions opposite. When you reach stage 7, marinate the fillets for 20 minutes in the sushi seasoning and soy sauce then lift out and rest on kitchen towel in the fridge for 30 minutes. Finish by peeling off the clear skin as described opposite.

■ To make the sashimi salad, put all the

ingredients for the dressing, except the oils, into a food processor, turn on and gradually add the oil for a smooth, creamy consistency.

■ Peel the grapefruit, pull the segments apart then carefully peel each segment of its outer skin and pith.

■ Blanch the edamame in boiling salted water for 2 minutes, drain and rinse in cold water.

■ Cut the mackerel into small cubes. Arrange the salad, mackerel and grapefruit on plates then spoon over the dressing.

■ **PER SERVING** 644 kcal, protein 32.7g, carbs 9.9g, fat 52.9g, sat fat 8.9g, fibre 2.1g, salt 5.51g

Silla Bjerrum trained for five years as a sushi chef. In 1999 co-founded the Feng Sushi restaurant chain ([fengsushi.co.uk](http://fengsushi.co.uk)), which is committed to selling only sustainable fish through its restaurants.





- 1** Slide the knife in directly behind the head fin of the fish and cut straight down to remove the head.



- 2** Extend the incision from the belly to the tail of the fish with your knife.



- 3** Turn the fish around and run the blade of the knife along the backbone.



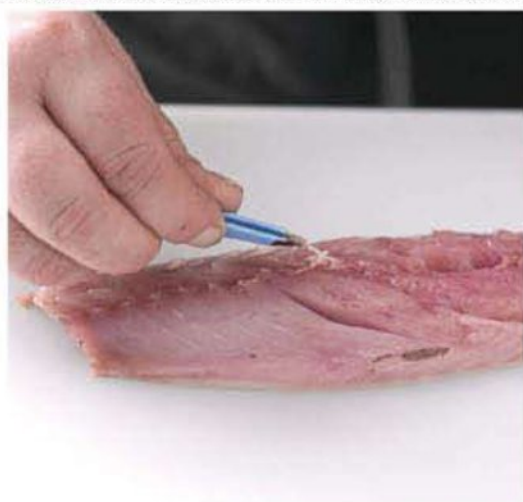
- 4** Starting at the tail end, cut down and along the fillet, keeping your knife as close to the bone as possible.



- 5** Keep sliding and cutting until the whole fillet comes off. Repeat with the other side.



- 6** Trim and neaten the fillets then pour over a layer of coarse sea salt and leave for 20 minutes. This firms the flesh and makes it easier to pin-bone.



- 7** Rinse in cold water, pat dry then pin-bone the fillets using tweezers. Marinate according to recipe.



- 8** If you are eating mackerel raw it's better to remove the clear skin, which can be chewy. This will be easier after marinating. Start to pull the skin up at one end.

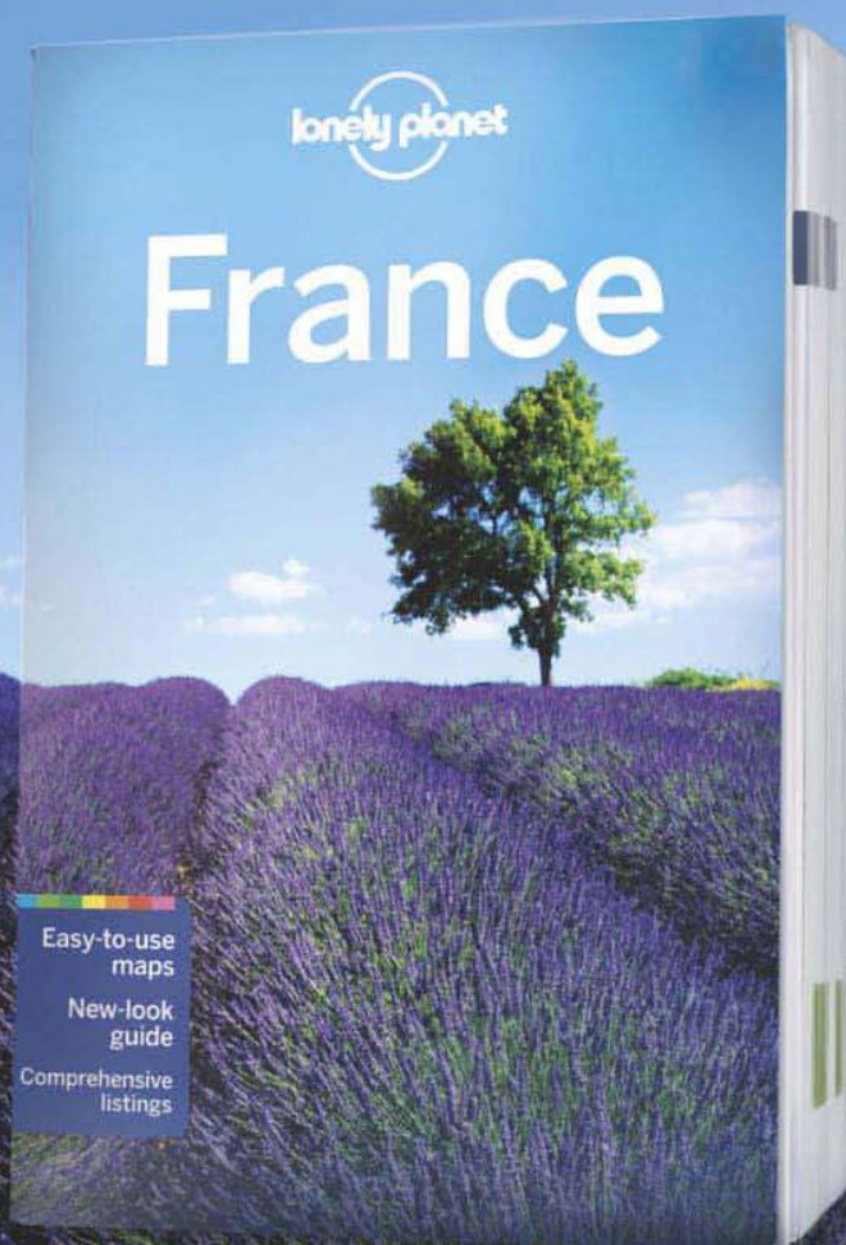


- 9** Keep pulling, the skin should come off in one clear piece. The fish is now ready to eat.





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# HIDDEN INGREDIENTS

## should you be worried about food scares?

Pesticides, toxins and carcinogens have all been found in food sold for human consumption. Joanna Blythman considers the state of our food



**Joanna Blythman** is an award-winning food writer and journalist, commenting on radio and TV. Her latest book is *Bad Food Britain: How a Nation Ruined Its Appetite* (Fourth Estate, £7.99; **olive** offer £7.20, with free p&p. For **olive** book offers, call 01872 562313).

**I**t feels like food scares come around more regularly than Christmas. Switch on the news or pick up a newspaper and there's another disturbing revelation about the safety, or otherwise, of foods we regularly consume. Last century, salmonella in eggs and BSE in beef ('mad cow disease') awoke Britain to potential dangers that lurk in the food chain, and set the stage for further scares that have affected everything from prawns through ready meals to oily fish.

Earlier this year for example, a major food scare centred on processed foods containing liquid pasteurised egg, a product used in catering and food manufacturing to make foods such as cakes and quiches. It emerged that some of the eggs used contained dioxin, a persistent environmental pollutant and carcinogen that is a by-product of burning waste and industrial processes.

However, apart from BSE, where a small number of British people developed a fatal disease after eating processed beef, food scares have not produced large-scale human casualties (although the damage to Britain's beef industry was significant).

So, do these food contamination incidents truly pose a noteworthy risk to our health or are they media hype?

### CAUSES

The big scares often involve illegal activity at some point in the food chain. Other ongoing problems revolve round the safety, or otherwise, of controversial farming and food production methods. In the case of BSE for example, the practice of feeding infectious bone meal from diseased animals to healthy ones was identified as the likely cause. Similarly, the persistent residues of pesticides in foods raise questions about the effect of tiny amounts of poisons on human health. Certain artificial colourings added to foods and drinks have also been under the spotlight as a possible cause of hyperactivity in children.

Even some of our food's packaging has triggered concerns. Some health experts counsel us against consuming drinks packed in plastic bottles because they might expose us to Bisphenol A, an oestrogen-mimicking chemical that has been linked to a number of health issues, including fertility problems and cancer. Phthalate chemicals used in rigid plastic bottles have also been highlighted as possible causes of developmental and reproductive problems.

### WORRIED?

So how concerned should we be? If you go by the Food Standards Agency (FSA)

advice – that's the government body charged with ensuring that our food is safe – the answer is not very worried at all. Occasionally, the FSA advises us to reduce our consumption of certain foods on safety grounds. For instance, adults are advised to eat swordfish no more than once a week because it is often contaminated with mercury. But, more typically, for example in the case of dioxin-contaminated eggs, the FSA pointed out that only prolonged exposure to high levels of dioxins is known to cause cancer and damage to the reproductive system, not one-off exposure. Moreover, it concluded that because the bad eggs – which came from hens fed on fats found to contain dioxin at 70 times the 'safe' level – had been diluted with other non-contaminated eggs during processing, there was no risk from eating products containing them.

### THE COCKTAIL EFFECT

Food contamination scares almost never have any demonstrable, immediate effect on our health, and experts who attempt to quantify the risk – by extrapolating likely human risk using tests on laboratory animals – generally conclude that it is low. In 2008, for example, German authorities found traces of 26 different types of pesticides in just one sample of grapes.



Overall, however, only 3.5% of the fruit and vegetables tested contained pesticide residues above legal limits.

So should we all relax? The alternative view is that ongoing exposure to a number of chemical toxins and pollutants in food (and from household cleaning products, toiletries and environmental pollution) is contributing to a 'cocktail effect' that may be implicated in the increased incidence of everything

travelling along multiple links in a convoluted (and sometimes opaque) food chain that offers multiple opportunities for illegal activity. Meanwhile, the affected foods can be on our plate before we are any the wiser.

Already the FSA is linked into the European Union's Rapid Alert System for Food and Feed. EU countries share information, and where one identifies a risk to human health, co-ordinated action is taken, such as withholding, recalling or seizing any potentially risky products. As the name suggests, all action safeguarding public health should be fast, but in the case of dioxin-contaminated eggs, it is thought that the products were on our shelves for three weeks before the public was alerted. The eggs in question came from German farms, were sent to Holland for processing, then despatched to two UK companies that manufactured foods containing them. These goods were then distributed by major supermarkets. By the time all the links in the chain spanning three countries were established, the FSA acknowledged that the majority of affected products would have been sold (and most probably eaten) before the problem became public knowledge.

### LAST LINE OF DEFENCE

Reaction to food safety scares is highly personal. At one extreme, there are those who take them so seriously that they end up scared of eating almost everything. At the other, you find people who view such worries as utterly inconsequential and largely a media invention.

Whatever your philosophy, the foods you choose to buy are the last line of defence against food safety risks. If you fall into an 'at risk' group, then reducing your exposure, by cutting out or down on foods that are in the frame as possible hazards, seems sensible. Those with a more proactive approach to safeguarding their health may want to alter what they are buying.

It is interesting to note that with the exception of seafood, nearly all food scares centre on intensive farming methods and industrialised food manufacture. So whatever your standpoint, reducing your consumption of factory-farmed meats and highly processed foods in general could reap rewards for your health.



## Don't get scared – get informed

With the exception of seafood, the majority of food scares centre on intensive farming methods and industrialised food manufacture. By reducing your consumption of factory-farmed meat, eggs and processed foods, you can limit your exposure.

The groups most at risk from exposure to possible toxins and contaminants, either as one-off incidents or cumulatively, are children, and women who are pregnant, breast-feeding or planning pregnancy.

from food allergies to cancer.

The groups most at risk from this ongoing exposure are children and women. When it comes to oily fish, for example, which can be contaminated with dioxins and another group of industrial chemicals called polychlorinated biphenyls, the FSA advises pregnant or breast-feeding women, and women planning pregnancy, to eat no more than two portions of oily fish a week.

### GLOBAL SPREAD

Food contamination problems are nothing new. Our history is full of adulteration scandals, such as strychnine slipped into beer and red lead used as a colouring for Gloucester cheese. But nowadays, our globalized food system makes it harder to trace the source of any problem. Foods often cross continents,



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# THE olive PROMISE

We hope you enjoy **olive's** recipes, restaurant reviews and travel features all the more because they are served up with a sense of humour. At the same time, we are as serious about eating well and with a conscience as you are. Here's what you can expect from this and every issue:

**TRIPLE-TESTED RECIPES** Our recipes are tested at least three times – by the recipe writer, on our photo shoots and by a member of the cookery team in the **olive** test kitchen – which is why they always work. Each recipe is tasted and then adjustments are made, if necessary, so you end up with the perfect dish every time.

**EASY RECIPES** We believe you can eat well at home even if you don't have bags of time. Most of **olive's** recipes are quick and easy, and can be made using accessible ingredients.

**THE ODD CHALLENGE** Weekends, on the other hand, are made for showing off, so we include a handful of recipes to stretch adventurous cooks.

**GOOD VALUE** Look out for our ideas on how to make your hard-earned cash go further. *7 meals for £35* shows you exactly what to buy and exactly what to cook from Monday to Sunday. For bargain wines, turn to *starters*, page 11.

**SEASONAL EATING** We enjoy using seasonal ingredients because they give the food year a distinct rhythm. This month we're eating a lot of asparagus.

**HEALTHY EATING** We reckon the 80% good, 20% indulgent way of eating is sensible, but we'll leave the decisions about what, when and how you eat to you – nutritional info follows each recipe to help you decide.

**PROVENANCE MATTERS** We like meeting the people who produce what we eat, but there often isn't time, so we also shop carefully in supermarkets. Where possible, we use free-range eggs and chickens, humanely reared meat, organic dairy products, sustainably caught fish, unrefined sugar and fairly traded ingredients.

**INTERNATIONAL SAVVY** British is good, but we also like to cook dishes inspired by our travels. Some ingredients only grow in tropical conditions and can't be had without notching up air/sea miles, so getting them to the UK has environmental implications. It's your choice whether or not you use them.

**CHEAP EATS AND SMART TREATS** Transport caffs and Michelin-starred restaurants: there's room for both in **olive's** *eat out* pages. We may have stumbled upon the places we feature on a weekend away, been invited there by an enthusiastic chef or investigated it after a tip-off from a reader. We love hearing your views on eating out and our regular *pro vs punter* feature invites you to go undercover for **olive**.

**LOCAL KNOWLEDGE** The *eat away* section arms you with insider info and recipes from the world's most exciting food destinations, written by on-the-ground food experts. Our budget and blowout ideas show you the best-value places to eat, drink, shop and stay when travelling.

**BIG ISSUES** Preaching doesn't come naturally to us and we won't tell you what, or what not to eat. Instead we keep you up-to-date with current debates in the food world in our regular *food issues* feature on page 121. If you want to know more, we recommend web links, often to our BBC colleagues, so you know that you'll be getting reliable expert advice.

# SMALL PRINT

**OUR RECIPES** Because **olive's** recipes don't always give exact quantities for ingredients such as oil and butter, nutritional quantities may not always be 100% accurate. Analysis includes only the listed ingredients, not optional ingredients, such as salt, or any serving suggestions.

**Meat** Care should be taken when buying meat that you intend to eat raw or rare.

**Eggs** Use large eggs, unless otherwise stated. Pregnant women, the elderly, babies and toddlers, and people who are unwell should avoid eating raw and partially cooked eggs.

**Vegetarian** Always check the labels on shop-bought ingredients such as yoghurt, cheese, pesto and curry sauces to ensure they are suitable.

**Recipe costings** are based on the exact amount of ingredient used; for example, 125g of butter will be costed at half the price of a 250g pack. Our costings are always based on free-range eggs and meat.

❄ This symbol means recipes can be frozen.

Unless otherwise stated, freeze for up to three months. Defrost thoroughly before eating, and heat hot food until piping hot.

**TRAVEL** **olive** provides trusted independent travel advice and information. The majority of our travel recommendations come from specialists who live in, or travel frequently to, the destination they write about. Because we believe it's important that our journalists experience the things they're writing about first-hand, at times it may be necessary for us to seek assistance from travel providers such as tourist boards, airlines, hotels etc. However, when receiving such assistance, we ensure our editorial integrity and independence are not compromised through the following measures:

- \* by publishing information on other appropriate travel suppliers and not just those who provided us with assistance

- \* by never promising to offer anything in return, such as positive coverage

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\*Always check shop-bought ingredients such as yoghurt, cheese, pesto and curry sauces to ensure they are suitable for VEGETARIANS.

## Why olive recipes work every time

We test all recipes at least three times so they work without fail for you

1 The first time is by the recipe writer, who tests the recipe it in a domestic kitchen.

2 Next, a member of the cookery team makes the recipe in the olive test kitchen.

3 The recipe is then tested at our photo shoot. Some recipes are tested a fourth time at home by individual members of the olive editorial team - we're all keen cooks and often can't resist trying out a recipe we particularly love as soon as we've discovered it.

\* Testing our recipes three times or more may seem over-cautious, but mistakes can be costly, so we think it makes sense to ensure you get the right result every time.

\* We've also checked that the majority of ingredients are available to buy easily and provide online suppliers for those that are trickier to find.

\* If you need help with a recipe, please phone us between 9.30am and 5.30pm, Monday to Friday, and we'll be happy to help. Or email us at [oliveletters@bbc.com](mailto:oliveletters@bbc.com) and we'll get back to you as soon as possible.

\* This symbol means recipes can be frozen. Unless otherwise stated, freeze for up to three months. Defrost thoroughly before eating and heat hot food until piping hot.

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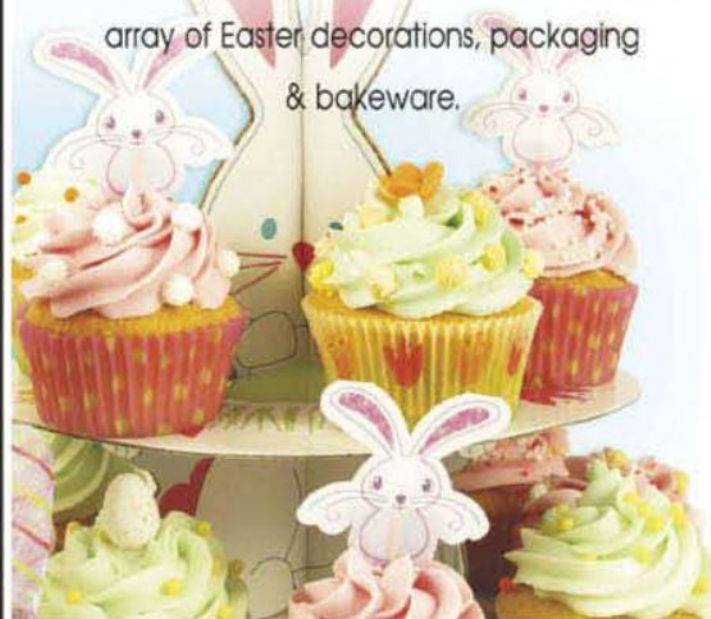
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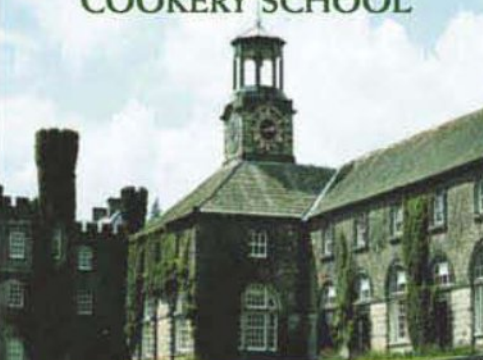


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one clever twist

# Salted peanut Florentines

For a grown-up treat, use salted peanuts and sea salt to bring out the flavour of the chocolate

Recipe LULU GRIMES Photographs DAVID MUNNS

## Salted peanut Florentines

30 minutes + cooling ■ Makes 25 ■ EASY

**butter** 75g  
**golden caster sugar** 5 tbsp  
**golden syrup** 3 tbsp  
**plain flour** 3 tbsp  
**salted peanuts** 200g, chopped  
**milk chocolate** 150g  
**sea salt flakes** for sprinkling

■ Heat the oven to 180C/fan 160C/gas 4. Line a large baking tray with baking paper. Heat the butter and sugar together in a pan until the sugar dissolves then stir in the syrup and heat until melted. Mix in the flour then add the nuts. Put teaspoonfuls of the mixture (widely spaced) onto the baking sheet and flatten each one slightly. It's easier to make these in batches rather than overcrowding them. Bake for 10 minutes. Cool completely on the paper before peeling off.

■ Melt the chocolate in a bowl over a pan of simmering water or in the microwave. Spread over the flat side of the Florentines and sprinkle with a few salt flakes while still wet. Leave to set.

■ PER SERVING 123 kcal, protein 2.6g, carbs 9.5g, fat 8.6g, sat fat 3.5g, fibre 0.6g, salt 0.28g.



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# 21+ brilliant baking recipes



**Orange drizzle**

**Sticky toffee cupcakes**

**Brownies**





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We know from your emails and comments on our website, [bbcgoodfood.com](http://bbcgoodfood.com), that lots of you enjoy a bit of baking when there's time to spare. A gorgeous homemade cake makes a brilliant tea-time or after-dinner treat, and in this free book, you'll find 21+ recipes from two very talented bakers, Fiona Cairns and Dan Lepard. So whatever you fancy, you'll find plenty inspiration inside. Happy baking!



*Janine*

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**olive**

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Recipes on pages 6, 8, 10, 12, 14, 16, 18, 20, 22, 30, 36, 38, 40 and 42 taken from *Bake and Decorate* by Fiona Cairns (Quadrille; £12.99) Photography © Laura Hynd. Recipes on pages 24, 26, 28, 32, 44, 46 and 48 taken from *Baking with Passion* by Dan Lepard and Richard Whittington (Quadrille; £12.99) Photography © Peter Williams.



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# Pure vanilla

When you're baking a delicious treat, it's important to choose only the best vanilla ingredients, so make sure they're from Nielsen-Massey

The best ingredients produce the best results. If you have a recipe that calls for vanilla, always use extract rather than essence. Extract is made from real vanilla, straight from the plant, whereas essence is artificial flavouring. And make sure it's Nielsen-Massey.

Nielsen-Massey produces a range of quality vanilla products that use pure Madagascan vanilla, guaranteeing a creamy vanilla flavour every time. If you need vanilla pods, use Nielsen-Massey Vanilla Bean Paste; you can enjoy the flavour of a pod, and its distinctive flecks, without the slicing and scraping. Just spoon it in and stir!

Whatever you bake, choose Nielsen-Massey for a great vanilla taste and zero fuss.

## Blueberry and vanilla scones

Ready in 25 minutes ■ Makes 8

■ EASY

**self raising flour** 225g, plus extra for dusting

**baking powder** ½ tsp

**salt** a small pinch

**caster sugar** 50g, plus 1 tsp for sprinkling

**unsalted butter** 75g, cubed, cold  
**blueberries** 75g

**soured cream** 2 tbsp

**free-range egg** 1, plus extra for brushing

**Nielsen-Massey Vanilla Extract** 1 tsp

TO SERVE

**strawberries** 300g, sliced

**caster sugar** 3 tbsp

**Nielsen-Massey Vanilla Bean Paste** 1 tsp

**clotted cream** 250g

■ Heat the oven to 200C/fan 180C/gas 6. Sift the flour and baking powder into a large bowl, then stir in a small pinch of salt and sugar. Add the butter and, using your fingertips, rub it into the flour until it resembles breadcrumbs, then stir in the blueberries.

■ In a jug, whisk together the soured cream, egg and vanilla extract. Add the mixture to the dry ingredients and mix with a round bladed knife. Bring the mixture together with your hands to form a soft dough. To keep the scones light, don't over-mix or knead the dough.

■ Roll the dough out on a lightly floured surface to about 2cm thick. Cut out 8 rounds using a 6cm round cutter. Transfer to a lightly greased baking tray. Brush the tops with a little beaten egg and sprinkle



with the caster sugar.

■ Bake in the oven for 10-12 minutes until risen and golden. Transfer to a cooling rack.

■ Meanwhile, put the strawberries in a bowl. In a small pan, gently heat the sugar and vanilla bean paste together with 1-2 tbsp water, until it dissolves, then simmer for 2 minutes until syrupy. Pour over the strawberries, toss and leave to cool before serving.

■ Serve the warm scones with a clotted cream and the vanilla strawberries.



**FOR MORE INFORMATION, VISIT [NIELSENMASSEY.COM](http://NIELSENMASSEY.COM)**



# Big cakes

Comforting classics, show-stopping centrepieces and some new modern flavours

## Family chocolate cake

1 hour 15 minutes + cooling ■ Serves 8

### ■ A LITTLE EFFORT

*Buttermilk adds flavour and helps to lighten the texture.*

**unsalted butter** 175g, softened, plus more for the tin

**chocolate** (50–60% cocoa solids) 100g, finely chopped

**plain flour** 200g

**baking powder** 1 tsp

**bicarbonate of soda** 1 tsp

**ground almonds** 100g

**dark muscovado sugar** 275g

**vanilla extract** 1 tsp

**eggs** 3, lightly beaten

**buttermilk** 150ml

### FUDGE ICING

**chocolate** (50–60% cocoa solids) 90g,  
broken into pieces

**unsalted butter** 40g, softened and diced

**golden syrup** 1 tbsp

**dark muscovado sugar** 2 tbsp

**double cream** 150ml

■ Heat the oven to 180C/fan 160C/gas 4. Butter 2 x 20cm tins, 4.5cm deep. Line the bases with parchment.

■ Put the chocolate in a bowl and pour over 120ml boiling water. Stir until melted, then cool. Sift the flour, baking powder and bicarbonate, then add the almonds.

■ With a mixer or electric whisk, cream the butter and sugar until light and fluffy. Add the vanilla extract to the eggs. With the whisk running, slowly add the egg mixture to the butter and sugar, adding 1 tbsp of the flour to prevent curdling. Then add the chocolate and buttermilk.

■ Fold in the flour gently and divide the mixture between the tins. Bake for 30–35 minutes, or until firm to the touch. Leave for 2 minutes in the tins before turning out onto a wire rack. Remove the papers and cool.

■ To make the icing, melt the chocolate and butter in a bowl over simmering water. Make sure the base of the bowl does not touch the water. Remove the bowl from the heat, then stir in the syrup and sugar – lastly, pour in the cream until all is well blended and smooth. Allow to cool completely, then whisk until it thickens. Spread half on the base of 1 cake. Sandwich the 2 cakes, bases together, then spread the remaining icing on top.







# Pistachio and orange blossom cake

1½ hours + cooling ■ Serves 8

## ■ A LITTLE EFFORT

*The creamy mascarpone topping is a perfect contrast to the delicate flavours of the cake.*

**unsalted butter** 175g, softened, plus more for the tin

**shelled unsalted pistachios** 100g

**self-raising flour** 70g

**baking powder** 1 tsp

**golden caster sugar** 200g

**orange** 1, zested

**eggs** 4, lightly beaten

**ground almonds** 70g

**orange flower water** 2 tsp

### SYRUP

**orange** 1, juiced

**golden caster sugar** 45g

**orange flower water** 1 tbsp

### TOPPING

**mascarpone** 250g

**orange** 1, zested

**vanilla extract** ½ tsp

**orange flower water** 1 tsp

**golden caster sugar** 30g

■ Heat the oven to 180C/fan 160C/gas 4. Lightly butter a 20cm diameter, 7.5cm deep, round loose-bottomed tin and line with baking parchment.

■ Scatter the pistachios onto a baking sheet and roast in the oven for about 5 minutes, shaking once and watching all the time to make sure they don't burn. Allow to cool, then grind finely in a food processor.

■ In a large bowl, sift the flour, baking powder and a pinch of salt. Then, in an electric mixer, cream the butter, sugar and zest until very light and fluffy - expect it to take about 5 minutes - and slowly add the eggs, adding 1 tbsp of the flour mixture as you do so to prevent curdling. Fold in the almonds and pistachios, the remaining flour and, lastly, the orange flower water.

■ Scrape the batter into the tin and bake for about 40 minutes, or until a skewer inserted into the centre comes out clean.

■ Meanwhile, make the syrup: tip the orange juice, sugar and orange flower water into a small pan and bring to a rolling boil. Cook until reduced to about 60ml.

■ As soon as the cake comes out of the oven, prick it all over with a fine skewer or cocktail stick and evenly drizzle over the syrup. Leave to cool completely in the tin.

■ Turn the cake upside down onto a cake stand or plate, so the flat base now forms the top. Beat all the ingredients for the mascarpone topping and spread it on with a palette knife.







## Sticky ginger cake

1½ hours + maturing time ■ Serves 10 ■ **EASY**

*A wonderful cake that should be left alone for a couple of days before eating - that's the hardest part!*

**unsalted butter** 120g, plus more for the tin

**black treacle** 125g

**golden syrup** 100g

**whole milk** 150ml

**light muscovado sugar** 120g

**plain flour** 225g

**ground ginger** 1 tbsp

**bicarbonate of soda** ½ tsp

**eggs** 2, lightly beaten

**brandy snaps** 3, lightly crushed (optional)

LIME BUTTERCREAM

**icing sugar** 150g, sifted

**unsalted butter** 100g, softened

**lime** 1 large, zested, plus juice of ½

■ Heat the oven to 180C/fan 160C /gas 4. Butter a 20cm, 7.5cm deep, square tin and line with baking parchment.

■ Place the treacle, syrup, milk, sugar and butter into a pan and very gently melt together. Do not let it boil or it will curdle. Remove from the heat and cool a little.

■ In a large bowl, sift the flour, ginger and bicarbonate of soda. Add the treacle mixture and fold together with a large spoon. Lastly, add the eggs, mix well and pour the batter into the tin. Knock a couple of times on a work surface to release any bubbles, then bake for 40-50 minutes until firm to the touch and a skewer inserted into the centre comes out clean.

■ Cool in the tin for about 15 minutes, then turn out onto a rack. When the cake is completely cooled, wrap it in baking parchment, then in foil, and leave for a couple of days. This will make it very moist with a slightly sticky surface.

■ When ready to serve, make the lime buttercream. Put the icing sugar and butter in the bowl of an electric mixer (or use a bowl and a handheld whisk) and beat for a good 5 minutes. Tip in the lime zest and slowly pour in the juice, still beating. Spread the buttercream over the cake. Scatter with the brandy snaps, if using.







## Victoria sponge

50 minutes + cooling ■ Serves 8 ■ EASY

*This all-in-one method takes no time at all to whip up, is completely fail-safe and gives a delicious buttery sponge.*

**unsalted butter** 175g, softened, plus more for the tin

**self-raising flour** 175g

**baking powder** 1 tsp

**eggs** 3, lightly beaten

**golden caster sugar** 175g

**vanilla extract** 1 tsp

FILLING

**double cream** 150ml

**raspberry** or **strawberry jam** 4 tbsps

**icing sugar** to dust



■ Heat the oven to 180C/fan 160C/gas 4. You can cook this cake in 1 deep 20cm sandwich tin or in 2 shallow 20cm sandwich tins. Butter the tin or tins, then line the bases with baking parchment. If you use just 1 tin, line the sides with a 7cm-high collar of baking parchment as well, to allow for the rise.

■ For the batter, use an electric mixer and beater attachment, a food processor, or a bowl and an electric whisk. Sift the flour and baking powder into the bowl, then add the butter (in knobs), the eggs, sugar and vanilla. Beat until thoroughly blended, taking care not to overmix so you will have a light sponge. Scrape the batter into the tin or tins and level the top.

■ Bake for 20-25 minutes if you are using 2 tins, or 30-35 minutes for 1 tin, until the cake springs back to the touch or a skewer inserted into the centre comes out clean.

■ Remove from the oven and leave for a couple of minutes, then run a knife around the rim to loosen the cake from the tin and turn out onto a wire rack. Peel off the paper and leave until completely cooled.

■ Lightly whip the cream until just thickened into soft peaks. If you have baked the cake in 1 tin, split in half horizontally with a serrated knife. Fill with jam and cream and sandwich together, so the cream forms the uppermost layer. If you have baked the cake in 2 tins, be sure to sandwich the flat bases together. Dust the top with icing sugar.







## Flourless chocolate hazelnut cake

1 hour 15 minutes + cooling ■ Serves 8

### ■ A LITTLE EFFORT

*For all those avoiding wheat, this is for you. Ground almonds or pecans would be just as good as hazelnuts here. If you want to try the cake as a pudding, serve it with a red fruit coulis. You can leave out the ganache if you prefer, and simply decorate the top with the raspberries dusted with icing sugar.*

**unsalted butter** 90g, cubed, plus more for the tin

**blanched hazelnuts** 60g

**chocolate** (70% cocoa solids) 150g, broken into pieces

**golden caster sugar** 90g

**eggs** 3, separated

GANACHE

**chocolate** (70% cocoa solids) 100g, broken into pieces

**double cream** 50ml

**unsalted butter** 25g

**raspberries** 400g

■ Heat the oven to 180C/fan 160C/gas 4. Butter a 20cm round cake tin well and line the base with baking parchment.

■ Roast the hazelnuts in the oven for 5-10 minutes, watching carefully so they don't burn, then cool and grind finely in a food processor. Place the chocolate, 70g of the sugar and the butter in a bowl set over very gently simmering water (ensure the base of the bowl does not touch the water) and melt gently. Remove from the heat and stir in the hazelnuts. Beat the egg yolks until they change to a paler colour, then mix them into the cooled chocolate mixture.

■ In another very clean bowl, whisk the egg whites, then slowly add the remaining caster sugar until the mixture forms soft peaks. Take a large spoonful and fold it into the chocolate to lighten it a little. Then fold in the remaining egg whites, as gently and lightly as you can, using a large metal spoon or spatula. Transfer the batter to the tin and bake for about 20 minutes. This cake is fragile, so take care when handling it. Leave to cool for 10-15 minutes, then run a knife around the edge to loosen it from the tin. When the cake is cooled, turn out very carefully onto a serving plate. The base will become the top.

■ To make the ganache, melt the chocolate, cream and butter in a bowl set over very gently simmering water (make sure the base of the bowl does not touch the water). Stir, cool a little until it thickens, then pour it over the cake. It will be quite easy to spread with a palette knife. Stud the surface with the raspberries.







## Orange drizzle cake

1 hour 10 minutes + cooling ■ Serves 8 ■ **EASY**

*This is a very versatile recipe - try it with lemon zest and juice, too. It makes a firm cake that is excellent for decorating.*

**unsalted butter** 250g, softened, plus more for the tin

**golden caster sugar** 250g

**oranges** 2 large, zested, plus 75ml juice

**eggs** 4, lightly beaten

**self-raising flour** 250g, sifted

**orange juice** 75ml

ICING

**icing sugar** 200g

**orange** juice of 1/2

**orange flower water**

■ Heat the oven to 170C/fan 150C/gas 3 1/2. Butter a 20cm diameter, 7.5cm deep, round tin, then line the base with baking parchment.

■ Cream the butter, sugar and zest until very pale, light and fluffy (it will take at least 5 minutes in an electric mixer). Add the eggs gradually, beating between each addition, along with 1 tbsp of the flour to prevent curdling. Fold in the remaining flour and, lastly, slowly mix in the orange juice.

■ Pour the mixture into the prepared tin and bake for 40-45 minutes until the cake springs back to the touch, or a skewer inserted into the centre comes out clean. Remove from the oven, leave for 1 minute, then turn out to cool on a wire rack.

■ Once the cake is completely cooled, make the icing. Sift the icing sugar into a bowl and slowly add the orange juice and a few drops of orange flower water, little by little, until the mixture coats the back of a spoon. Pour the icing over the cake, letting it drizzle down the sides.





**BIG CAKES**





## Star anise, almond and clementine cake

1 hour 20 minutes + infusing ■ Serves 8

### ■ A LITTLE EFFORT

*The exotic flavour of star anise permeates this lovely moist cake. Make the syrup a few hours in advance or, even better, the day before to let the flavours develop.*

#### SYRUP

**clementine juice** 80ml (about 2 fruits)

**light muscovado sugar** 50g

**star anise** 5–6 whole

#### CAKE

**unsalted butter** 250g, softened, plus more for the tin

**golden caster sugar** 225g

**clementines** 4, zested

**eggs** 4, lightly beaten

**ground almonds** 220g

**plain flour** 80g, sifted

**baking powder** 1 tsp

■ A few hours before (or ideally the day before) you start the cake, make the syrup. Gently boil the clementine juice, sugar and star anise until it reduces to become a syrup, then cover and leave to infuse at room temperature to develop a good aniseed-orange flavour.

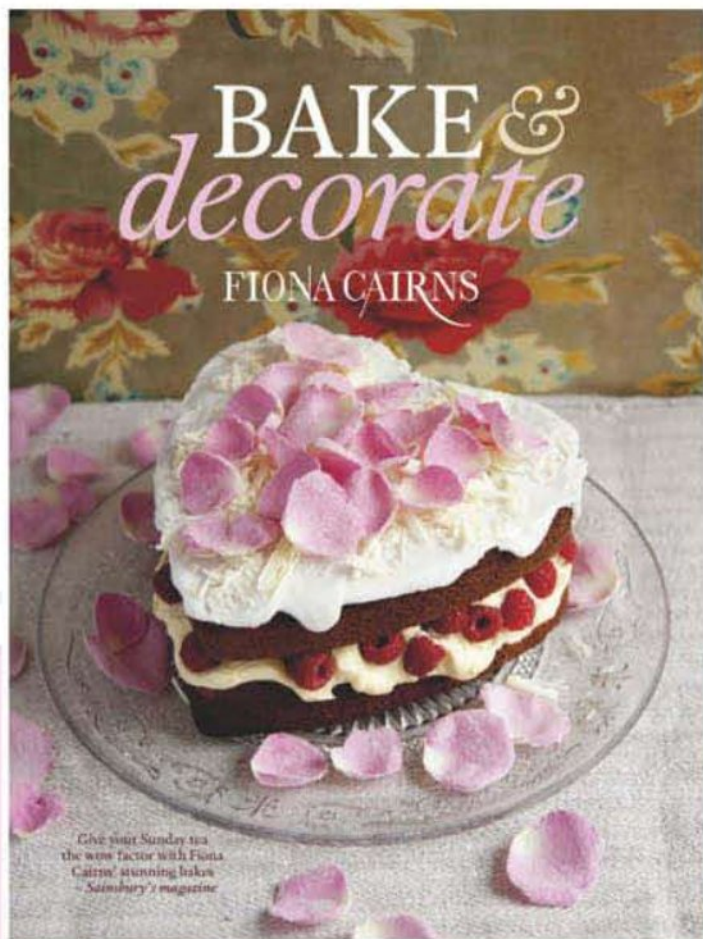
■ Heat the oven to 180C/fan 160C/gas 4. Butter a 20cm diameter, 7.5cm deep, round springform tin, then line the base and sides with baking parchment.

■ Cream the butter, sugar and zest until very light and fluffy (this will take a good 5 minutes). Add the eggs very slowly; then, with a large metal spoon, fold in the almonds, flour and baking powder.

■ Pour the batter into the cake tin, level the surface and bake for 45–50 minutes or until a skewer inserted into the centre comes out clean.

■ As soon as the cake is cooked, prick holes all over the surface with a fine skewer or cocktail stick and drizzle evenly with the syrup. Leave the star anise flowers from the syrup where they fall on the cake, for decoration. Allow to cool completely in the tin.





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## Whisky, date and walnut cake

2 hours + cooling and overnight soaking

■ Serves 12 ■ **EASY**

*You'll need to start the cake the day before, to plump up the fruits in whisky.*

**glacé cherries** 100g, halved

**dates** 140g, stoned and quartered

**whisky** 90ml (plus a couple tbsp more to feed the cake)

**unsalted butter** 150g, softened, plus more for the tin

**walnuts** 250g, plus 5 more half-walnuts for decoration

**dark muscovado sugar** 150g

**orange** 1, zested

**unwaxed lemon** 1, zested

**ground almonds** 2 tbsp

**eggs** 3, lightly beaten

**black treacle** 1 tbsp

**self-raising flour** 225g, sifted

**whole milk** 40ml

■ Put the cherries and dates in a bowl and pour over the whisky. Mix well, cover with clingfilm and leave overnight.

■ Heat the oven to 140C/fan 120C/gas 1. Butter a large (30 x 11 x 6.5cm) loaf tin, or a 20cm diameter, 7.5cm deep, round tin, or a 20cm square tin, and line with baking parchment. Wrap the tin with a collar of brown paper tied with string.

■ Roast the walnuts on a baking sheet in the oven for 10 minutes - watching so they don't burn - then roughly chop. Using an electric mixer, or a large bowl and wooden spoon, cream the butter, sugar and zests for a good 5 minutes until light and fluffy. Next, add the ground almonds, then gradually beat in the eggs, mixing thoroughly between each addition. Add the treacle, then fold in the flour. Finally, very gently fold in the nuts, cherries and dates, along with any whisky that has not been absorbed. Add enough milk to give the mixture a dropping consistency.

■ Pour the batter into the tin, level with a palette knife, decorate with the remaining walnuts and put in the oven. Bake for about 1½ hours, or until a skewer inserted into the centre comes out clean.

■ Remove from the oven and leave the cake to cool in the tin. When completely cooled, prick with a fine skewer and drizzle in the extra whisky. Wrap the cake in baking parchment, then in foil, and store for up to a month.







## White chocolate and cardamom rosewater sponge

1 hour 10 minutes + cooling ■ Serves 8

### ■ A LITTLE EFFORT

*This is very delicately flavoured - the tastes of white chocolate, cardamom and rosewater marry beautifully. White chocolate ganache, which forms the filling, can be tricky. Try using Swiss white chocolate for best results.*

**unsalted butter** 130g, softened, plus more for the tin

**green cardamom pods** 20

**self-raising flour** 170g

**white chocolate** 100g, chopped

**golden caster sugar** 130g

**eggs** 2, beaten

**vanilla extract** 1 tsp

GANACHE

**white chocolate** 100g, finely chopped

**double cream** 100ml

**rosewater** 2 tsp

GLACE ICING

**icing sugar** 150g, sifted

■ Heat the oven to 180C/fan 160C/gas 4. Use a 20cm diameter, 7.5cm deep, round tin. Butter the tin very well, then line with baking parchment.

■ Deseed the cardamom pods: split them with the point of a knife, empty out the little seeds and grind them to a powder in a pestle and mortar. There may be a few

pieces of husk mixed in, so sift the cardamom powder with the flour to remove them.

■ Place the chocolate in a food processor with half the sugar. Process until as fine as possible. Take 2 tbsp hot water - not boiling water or the chocolate will seize - and leave it until you can just dip in your finger. Dribble it into the chocolate, processing until most has melted. Add the remaining sugar and the butter, cut into knobs, and process well. Add the eggs, flour and vanilla and mix again. Don't worry if there are tiny pieces of chocolate left in the batter.

■ Pour into the tin and bake for 25-30 minutes or until a skewer comes out clean. Rest in the tin for a few minutes, then turn out onto a wire rack, removing the papers. Leave until completely cooled.

■ Meanwhile, make the ganache. Put the chocolate in a bowl and, in a pan, bring the cream and rosewater to the boil. Pour the cream over the chocolate, leave it for a few seconds, then gently stir until smooth. Leave until cooled, chill slightly, then whisk until it thickens.

■ Split the cake in half and invert so the flat base forms the top. Fill with the ganache and top with the second layer of cake. Place the icing sugar in a small bowl and add 1½-2 tbsp water until thick enough to coat the back of a spoon. Pour it over the cake and allow to drizzle down the sides.







## Honey and spice cake

1½ hours ■ Serves 10 ■ EASY

*This loaf cake has a light and airy texture. A little fresh ginger juice spikes the mixture, underpinning the more aromatic ground spices with its clean, hot taste.*

**ginger** 3cm piece, peeled

**clear honey** 125g

**golden syrup** 50g

**unsalted butter** 140g

**dark soft brown sugar** 50g

**eggs** 2

**rye flour** 40g

**self-raising flour** 100g

**baking powder** ½ tsp

**ground cinnamon** ½ tsp

**ground allspice** ½ tsp

■ Grate the ginger onto a double thickness of muslin and squeeze the ginger in the muslin over a bowl, to extract as much juice as you can. Discard the ginger pulp. Reserve the juice.

■ Heat the oven to 160C/fan 140C/gas 3. Line the bottom and sides of a 1kg loaf tin with non-stick baking parchment.

■ In a saucepan over a low heat, warm the honey, golden syrup, butter and brown sugar until hot and the butter is almost melted. Transfer the mixture to the bowl of a heavy-duty electric mixer fitted with the whisk. Beat for 2½ minutes at medium speed, then add the eggs and ginger juice and continue beating for another 2½ minutes. The mixture will have cooled, lightened and thickened appreciably.

■ Sift the flours, baking powder and ground spices, then sift a second time. Fold the dry ingredients into the honey mixture using a spatula. The mixture will be unusually wet. Pour it into the prepared tin and set on a baking tray in the centre of the oven. Bake for 50–60 minutes or until the top of the cake is a dark golden brown and it feels spongy, springing back lightly when gently pressed.

■ Transfer to a wire rack and leave to cool to room temperature in the tin before unmoulding.







## Carrot cake

1½ hours + cooling and chilling ■ Serves 8

### ■ EASY

*Carrot cake is unusual, both in its use of a root vegetable and in the use of oil for the fat content. Cinnamon is the predominant flavour, moderated by back notes of nutmeg and cloves – the overall sweetness of the cake is nicely balanced by the highly aromatic spicing. The grated carrot lends an exceptionally moist texture.*

**melted butter** and **flour** for the tin

**self-raising flour** 300g

**baking powder** ¼ tsp

**bicarbonate of soda** ¼ tsp

**ground cinnamon** 1 tsp

**ground cloves** ½ tsp

**grated nutmeg** ¼ tsp

**fine sea salt flakes** a pinch

**eggs** 4

**sunflower oil** 335ml

**golden caster sugar** 450g

**carrots** 125g, grated

**walnuts** 140g, chopped

ICING

**unsalted butter** 130g, softened

**full-fat cream cheese** 300g, softened

**icing sugar** 160g, sifted

■ Heat the oven to 180C/fan 160C/gas 4. Lightly butter 2 x 23cm springform cake tins with melted butter. Line the bottom of each tin with a disc of non-stick baking parchment. Butter the paper, then dust it and the side of the tins with a little flour.

■ Sift the flour, baking powder, bicarbonate of soda, spices and salt. Separate 2 of the eggs.

■ Using an electric mixer, beat the oil and sugar. Slowly add the whole eggs, mixing well, then beat in the 2 egg yolks. Beat in the grated carrots, then stir in the chopped walnuts. Using a large metal spoon, fold in the sifted flour mix followed by 2 tbsp hot water.

■ In another bowl, whisk the 2 egg whites until soft peaks form. Carefully fold them into the cake mixture.

■ Divide the mixture between the prepared tins and set them on a baking tray. Bake in the middle of the oven for 45 minutes or until a skewer inserted into the centre comes out clean. Leave to cool in the tins for 10 minutes, then carefully release the cakes from the tins and leave to cool on a wire rack.

■ To make the icing, beat all the ingredients to a smooth, thick cream. With a palette knife, spread a layer of icing on one cake, then press the other on top. Spread the rest of the icing over the top and side of the cake, creating a swirled pattern. Chill for at least 2 hours before cutting, and keep the cake in the fridge until ready to serve.









## Coffee cake with mascarpone cream

1 hour 20 minutes + cooling ■ Serves 8 ■ EASY

**butter** for the tin

**self-raising flour** 225g

**baking powder** 2 tsp

**golden caster sugar** 225g

**corn oil** 225ml

**eggs** 2, separated

**coffee extract** 4 tsp, or 2 heaped tsp instant coffee granules dissolved in 2 tsp boiling water

**whole milk** 75ml

MASCARPONE ICING

**mascarpone** 250g

**lemon zest** 1/4 tsp

**icing sugar** 350g, sifted

**strong espresso** 2 tbsp, or 2 heaped tsp **instant**

**espresso** dissolved in 2 tbsp boiling water

■ Heat the oven to 180C/fan 160C/gas 4. Butter 2 x 20cm springform cake tins and line the bases with discs of non-stick baking parchment.

■ Sift the flour, baking powder and caster sugar into a mixing bowl. Beat in the oil, egg yolks, coffee and milk. In a second bowl, whisk the egg whites to soft peaks.

■ Stir a spoonful of the whites into the cake mixture before gently folding the rest through. Divide the mixture equally between the prepared tins. Bake for about 45 minutes or until the sponges spring back when gently pressed in the centre. Transfer to a wire rack to cool, unmoulding the cakes while still warm and leaving them on the rack to cool completely.

■ For the mascarpone icing, put the mascarpone and lemon zest in a bowl and mix with a spoon. Slowly add the icing sugar, about one-third at a time, working each addition in completely with the spoon before adding the next, until you have a thick paste. Finally, beat in the espresso, a spoonful at a time, until completely incorporated.

■ Spread half the icing on 1 sponge, then put the second sponge on top. Smooth the remainder of the icing over the top of the cake using a palette knife.





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## Cherry and marzipan cake

1 hour 40 minutes + cooling

■ Serves 8 ■ **A LITTLE EFFORT**

*Use the best cherries you can find. If you can get glacé sour cherries, then do try them - they elevate this recipe into something very special - though it does still taste great with normal glacé cherries. The layer of marzipan melts into the sponge.*

**unsalted butter** 225g, softened, plus more for the tin

**whole undyed glacé cherries** 200g

**self-raising flour** 225g

**baking powder** ½ tsp

**marzipan** 120g

**golden caster sugar** 225g

**unwaxed lemon** 1, zested

**eggs** 4, lightly beaten

**ground almonds** 115g

**lemon juice** 2 tbsp

**demerara sugar** 2 tbsp

■ Heat the oven to 170C/fan 150C/gas 3½. Butter a 30 x 11 x 6.5cm loaf tin, or a 23cm round cake tin, and line the base with baking parchment.

■ Rinse and completely dry the cherries on kitchen paper. Sift the flour and baking powder into a bowl and set aside. Roll out the marzipan between 2 sheets of clingfilm into a very thin rectangle or circle, slightly smaller than the tin, and set aside.

■ Cream the butter, sugar and zest in an electric mixer until very pale, light and fluffy (this will take about 5 minutes).

■ Beat in the eggs a little at a time, adding 1 tbsp flour during the process to stop the mixture from curdling. Fold in the almonds, the sifted flour mixture and the lemon juice until well blended, then spoon half the cake mixture into the tin. Place half the cherries over the batter in a shape echoing that of the tin, towards the middle. This will support the marzipan. Lay on the marzipan, then add the remaining cherries, again in a shape echoing the tin, but this time towards the outer edge. Pour in the remaining batter. Sprinkle over the demerara and bake for 50-60 minutes. It's ready when a skewer comes out clean and the centre of the cake springs back to the touch.

■ Cool the cake in the tin for 15-20 minutes, then turn out and remove the paper. Leave to cool completely. Don't worry if it sinks a bit in the middle; it's due to the weight of the marzipan and cherries. If decorating, simply invert it so the flat base forms the top.







## Lemon cake

1½ hours + cooling ■ Serves 8 ■ **EASY**

*Light yet full of flavour, this is a fresh-tasting sponge cake with an appealing citrus colour.*

**melted butter** and **flour** for the tin

**self-raising flour** 115g

**baking powder** 1 tsp

**eggs** 2

**golden caster sugar** 115g

**double cream** 65ml

**lemon** 1, zested

**lemon juice** 1 tbsp

**unsalted butter** 45g, melted

ICING

**icing sugar** 30g

**lemon juice** 1 tsp

■ Heat the oven to 160C/fan 140C/gas 3. Lightly butter a 500g loaf tin with melted butter. Line the bottom with a buttered rectangle of non-stick baking parchment, then dust the paper and sides of the tin with flour.

■ Sift the flour and baking powder. Lightly beat the eggs with the sugar until just combined. Beat the cream into the eggs for a minute, then add the lemon zest and juice. Fold in the flour until lightly combined, then gently and carefully fold in the melted butter.

■ Pour the mixture into the loaf tin. Set the tin on a baking tray in the middle of the oven and bake for 45 minutes or until a skewer inserted in the centre of the cake comes out clean. Leave to cool in the tin for 10 minutes, then run a knife between the cake and the sides of the tin. Very gently upturn the cake onto your cloth-covered hand, then place the cake upright on a wire rack to finish cooling.

■ To make the icing, sift the icing sugar into a bowl and slowly stir in two-thirds of the lemon juice until combined. Add more lemon juice to make a slightly thin icing, but don't thin it too much - the icing will thin further when left for 2-3 minutes. Brush the icing over the top of the cake, letting it drip a little down the sides.







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# Small cakes and biscuits

Classic bakes with a modern twist, versatile biscuits and decadent cupcakes for an afternoon tea

## Mint cupcakes

1½ hours + cooling ■ Makes 16-18 ■ **EASY**

*When buying mint chocolate, avoid bars with a fondant centre. The chocolate itself should contain the mint flavour throughout.*

**family chocolate cake batter** (see p6) made with mint-flavoured dark chocolate

**unsalted butter** 200g, softened

**icing sugar** 250g, sifted

**peppermint extract**

**green food colour paste** 1 pot

**fresh** or **crystallised mint leaves** 18 sprigs

■ Make up the cake batter using the recipe on page 6.

■ Heat the oven to 180C/fan 170C/gas 4. Put 18 paper cases into a cupcake tin and divide the batter between them. Bake for 25-30 minutes. When they spring back to the touch, remove to cool on a wire rack.

■ Meanwhile, beat the butter and icing sugar for a good 5 minutes until really light, then add a few drops of peppermint extract and some green food colour paste.

■ With a palette knife, spread buttercream onto the cupcakes and decorate each with a sprig of mint.





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SMALL CAKES



## Floral macaroons

1 hour 40 minutes + cooling ■ Makes about 40

### ■ A LITTLE EFFORT

*It's easy to see why these glamorous creations have become highly fashionable. This is a tricky recipe but if you follow the instructions carefully, it is very satisfying.*

**icing sugar** 200g

**ground almonds** 120g

**egg whites** 3, at room temperature

**pink, purple, orange** or **green food colour**

**golden caster sugar** 20g

**vanilla extract** ½ tsp

#### FILLING

**Swiss white chocolate** 100g, finely chopped

**double cream** 100ml

#### ROSE

**rosewater** 1 tsp

#### ORANGE FLOWER

**orange** finely grated zest of 1

**orange flower water** 1 tsp

#### PISTACHIO

**ground unsalted pistachios** 1 tsp

#### LAVENDER

**lavender heads** 6

■ Line 2 baking sheets with baking parchment. Sift the icing sugar into a bowl and stir in the almonds. In an electric mixer, whisk the egg whites with a few drops

of the chosen food colour – starting slowly, then increasing the speed – until soft peaks form. Slowly add the caster sugar and vanilla and whisk for another minute until firm. Gently fold in half of the ground almond mixture, then the other half, until smooth.

■ Heat the oven to 160C/fan 140C/gas 3. Spoon the mixture into a piping bag with a 1cm nozzle and pipe 2cm rounds onto the trays, spacing them 3cm or so apart. If there are any peaks, they are easily removed by very slightly moistening your finger with water and pressing down gently onto the peak. Set aside for about 30 minutes until slightly skinned over. Bake in the oven for 10-15 minutes with the door wedged slightly open (use a wooden spoon handle). The macaroons are ready when you can lift them off the baking parchment.

Remove from the oven and cool on a wire rack. If any stick to the baking parchment, rub a slightly damp cloth on the underside of the paper and they should detach.

■ To make the rose, orange flower or pistachio fillings, put the chocolate into a bowl. Bring the cream to the boil in a small pan and pour it over the chocolate. Leave for 1-2 minutes, then lightly stir until smooth, adding your chosen flavourings.

■ For the lavender filling, bring the lavender and cream to just below the boil, then leave aside for 30 minutes to infuse. Strain out the lavender, bring the cream to the boil once more and proceed as above with the chocolate.

■ Chill the fillings slightly, then whisk until thickened and fill the macaroons.







## Vanilla butter biscuits

1 hour + chilling + cooling ■ Makes 40 ■ **EASY**

*This is a very useful, versatile recipe. Cut into whatever shapes you prefer.*

**plain flour** 370g, plus more to dust

**salt** ½ tsp

**unsalted butter** 250g, diced

**golden caster sugar** 125g

**egg yolk** 1

**vanilla extract** 1 tsp

**dark** or **milk chocolate** 100g, broken into pieces

■ Sift the flour and salt into a bowl and set aside. Cream the butter and sugar in a large bowl using a wooden spoon (or in a food mixer) until well combined and fluffy. Add the egg yolk and vanilla and mix it in well, then work in the flour. Once the mixture comes together as a dough, dust your hands with flour and wrap it in clingfilm. Chill for an hour (or up to a few days if more convenient) or freeze for up to a month - this dough can otherwise be tricky to work, especially in hot weather or a warm kitchen. When ready to bake, heat the oven to 180C/fan 160C/gas 4.

■ Roll out the dough on a floured board to 3mm thick, using plenty of flour as it is quite sticky. You could even roll it between 2 sheets of clingfilm if that makes it easier. Cut out into your preferred shapes and place on 2 baking sheets lined with baking parchment. Bake for 12-15 minutes until pale gold. Remove from the oven and leave to cool on the trays for a few minutes before carefully transferring to a wire rack. They will firm up as they cool. Leave until completely cold.

■ Put the chocolate into a bowl over gently simmering water, ensuring the base of the bowl does not touch the water. Stir occasionally until melted. Cool slightly, then spoon into the piping bag. Seal the bag and snip the end. Drizzle the chocolate over the biscuits to decorate.





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## Sticky toffee cupcakes with salted caramel buttercream

1 hour 15 minutes + cooling + soaking

■ Makes 12 ■ **EASY**

*Everybody's favourite pudding brought bang up to date as a cupcake with salted caramel buttercream. If you prefer an unsalted caramel buttercream, omit the salt and use unsalted butter.*

**dates** 180g, pitted and chopped

**vanilla extract** 1 tsp

**self-raising flour** 180g

**bicarbonate of soda** 1 tsp

**unsalted butter** 80g, softened

**light muscovado sugar** 150g

**eggs** 2, lightly beaten

**BUTTERCREAM**

**dulce de leche** 3-4 tbsp

**salt** ½ tsp (or to taste)

**vanilla extract** 1 tsp

**salted butter** 160g, softened

**icing sugar** 200g, sifted

■ Heat the oven to 180C/fan 160C/gas 4. Put 12 paper cases into a cupcake tin. In a heatproof bowl, pour 180ml boiling water over the dates and leave to soak for 20 minutes. Then, with a fork, gently break up the dates and stir in the vanilla.

■ Sift the flour and bicarbonate of soda into a bowl and set aside. Cream the butter and sugar for a good 5 minutes until very light and fluffy. Add the eggs gradually, beating between each addition and slipping in 1 tbsp flour about halfway through to prevent curdling. Lastly, fold in the remaining flour, then the date mixture.

■ Spoon into the cupcake cases and bake for 15-20 minutes (the tops should spring back when pressed with a finger). Remove and leave to cool.

■ Mix dulce de leche with the salt and vanilla. In an electric mixer (or use a handheld mixer), cream the butter and icing sugar for at least 5 minutes, then add the dulce de leche. Put the buttercream into a piping bag fitted with a star nozzle and pipe it onto the cakes, or spread it on with a palette knife.





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## Chocolate and hazelnut brownies

1 hour + cooling ■ Makes 16 ■ **EASY**

*Chocolate brownies probably owe their popularity to their rich, moist interior. To ensure the right consistency, the batter should be worked gently – beating hard will incorporate too much air, resulting in a spongy finish.*

**unsalted butter** 120g, softened

**golden caster sugar** 250g

**eggs** 2, plus 1 yolk

**good-quality bittersweet chocolate** 210g, melted

**espresso coffee** 4 tbsp, cooled

**rum** or **brandy** 1 tbsp

**plain flour** 165g

**baking powder** 1 tsp

**Maldon salt** ¼ tsp, finely ground

**whole hazelnuts** 30g

**icing sugar** for sprinkling

■ Heat the oven to 180C/fan 160C/gas 4. Line the bottom and sides of a 5cm deep, 23cm square tin with foil.

■ Cream the butter and sugar in a bowl. Slowly add the eggs, one at a time, and then the yolk, mixing well after each addition. Stir in the melted chocolate, then the coffee and the rum (or brandy). Sift the flour, baking powder and salt, and gently fold into the chocolate mix.

■ Pour the mixture into the tin and lightly press the hazelnuts over the surface. Bake in the middle of the oven for 20–25 minutes or until a skewer inserted near the centre comes out warm at the tip, with slightly sticky crumbs clinging to it (avoid overcooking, or you'll end up with a dry sponge. It is safer to err on the side of underdone).

■ Leave to cool in the tin before cutting into squares. Dust the brownies with icing sugar to serve.

■ **VARIATION** *To make orange cheesecake brownies (back of pic), follow the recipe above until the stage before you add the hazelnuts. Then, in a separate bowl, cream 340g **cream cheese** and 100g **golden caster sugar**. Mix in 1 **egg yolk** and 30g **plain flour**. Mix in zest of 1 **orange** plus 1 tbsp **orange juice**. Put this mix into a piping bag with a 1cm nozzle. Spoon half of the brownie mix into the tin. Pipe half of the cheese mix over the top, pushing the cheese down into the chocolate with the back of a spoon. Finish by spooning on the last of the chocolate. Take a skewer and zig-zag to make swirls. Bake as for chocolate and hazelnut brownies. Cool, then cut into squares and serve.*





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SMALL CAKES



## Blueberry bran muffins

1 hour ■ Makes 18 ■ **EASY**

*When baked, muffins should have a firm texture, unlike a sponge, the top well risen and golden brown. Often the crown splits slightly, which is how it should be. Eat the muffins while they are still warm from the oven - they are never as nice when completely cold.*

**sunflower oil** 300ml, plus extra for the tray

**bran** 100g

**whole milk** 300ml

**self-raising white flour** 300g

**bicarbonate of soda** 2 tsp

**baking powder** 1 tsp

**eggs** 3

**golden caster sugar** 160g

**muscovado sugar** 85g

**blueberries** 200g, washed and left to dry

■ Heat the oven to 170C/fan 150C/gas 3. Lightly oil a 12-cup muffin tin (or line with paper muffin cases).

■ Mix the bran and milk. Leave aside until you have mixed the other ingredients. Sift the flour, bicarbonate of soda and baking powder. In a large bowl, lightly beat the eggs with the sugars and oil.

■ Fold in the sifted flour, then lightly fold in the soaked bran and milk. Finally, add the fruit and fold lightly to combine. Do not overmix - there should still be some traces of flour evident.

■ Spoon the mixture into the muffin cups (or cases) to fill almost to the top. Bake in the centre of the oven for 20-25 minutes. Leave to cool until warm, then eat immediately.





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## Benedict bars

1 hour ■ Makes 16 bars ■ **EASY**

*Shortbread lends itself to rich toppings. This one is reminiscent of Bakewell tart and takes its name from the South African Benedict cake, which has similar flavours.*

**butter** 150g, plus extra for the tin

**plain flour** 225g

**cornflour** 4 tbsp

**baking powder**  $\frac{1}{2}$  tsp

**golden caster sugar** 125g, plus extra for sprinkling

**Maldon salt**  $\frac{1}{2}$  tsp, ground fine

**vanilla extract** 1 tsp (optional)

### TOPPING

**unsalted butter** 100g

**golden caster sugar** 60g

**vanilla essence** 1 tsp

**flaked almonds** 200g

**whole milk** 3 tbsp

**raspberry jam**

■ Heat the oven to 180C/fan 160C/gas 4. Lightly butter a 24 x 20cm Swiss roll tin.

■ To make the shortbread, dice the butter straight from the fridge and put into a mixing bowl to soften for about 30 minutes. Sift the flour, cornflour and baking powder on top, then add the sugar, salt and vanilla. Rub gently between your fingertips and, as the mixture coheres, form it into a ball.

■ To make the topping, put the butter, sugar, vanilla essence, almonds and milk in a small, heavy-based saucepan over the lowest heat, and warm until the butter has melted. Remove from the heat and leave until cool.

■ Press the shortbread dough into the tin. Spread a thin layer of jam over the surface, then spread the topping mixture over the jam. Bake for 25-30 minutes.







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